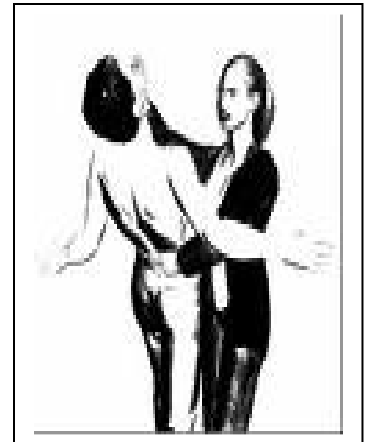


KARATE

**DON'T BE A VICTIM!!!!...
LEARN SELF DEFENSE**

Can You Defend Yourself?



COME JOIN US for our EXCITING **self-defense/karate class**.

This class includes exciting tactics to defend yourself and cardio to keep your heart fit!!!!

TIME: Tuesday & Thursday 7:15pm-8:30pm (**First Class is Free**)

PRICE: \$35.00 for members and \$50.00 guests

INSTRUCTOR: Sensei Calvin Eggleston, 3rd Degree Black Belt

For more information please contact,
Hayes-Taylor YMCA at (336) 272-2131 ext. 25.

HAYES-TAYLOR MEMORIAL YMCA

Our Mission: To put Judeo-Christian principles into practice through programs that build a healthy spirit, mind, and body for all.