

World-Class Taekwon-Do



INTENSE FAMILY TRAINING

at The J. Douglas Williams YMCA!

Tuesdays & Thursdays

4pm-5pm.

Individual Training:

\$55/mo Y Members

\$95/mo Non-Members

Family Training:*

\$90/mo Y Members;

\$180/mo Non-Members

*Family rate is for two or more family members residing in the same residence. Proof of residency may be required.

SUITABLE FOR AGES 5 AND UP!

Register Online at:

www.LakeMarySelfDefense.com

**24-HR, QUICK &
EASY ONLINE
REGISTRATION!**

By:

Michelle A. Golino

6th Dan, Certified International Instructor

Former U.S. Women's TKD Team Member