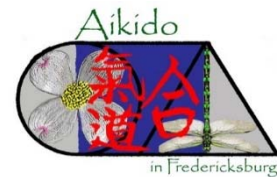


AIKIDO

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Ongoing Classes on
Tuesday Evenings



6:00 PM Seniors No-Fall Aikido Class

7:00 PM Adults Aikido Class

offered by

The Center at Belvedere

540 Belvedere Boulevard, Charlottesville 22901

What is Aikido?

An effective yet *non-violent* Japanese martial art emphasizing self-defense without injury.

Good exercise which will also increase your flexibility and energy.

Designed for participation by all ages, even seniors.

An effective method of *conflict resolution*.

A lot of fun.



Come and Join Us!



Aikido in Fredericksburg is a 501c3 non-profit educational corporation

For more information (540) 582-9600 or info@aikidoinfredericksburg.org

Aikido is a non-competitive martial art that focuses on self-defense, personal growth, and conflict resolution.