



Saturday Afternoon *Women's Intensive*

“Throw Like A Girl!”

Featuring Aikido Centers Instructors

4th Dan **Ginny Fanning**

3rd Dan **Vivian Rioux**

3rd Dan **Deb Patterson**

2nd Dan **Loretta Harris**

1st Dan **Tsing-Hua Chen**

Saturday
March 24
2018
1-4 pm

Aikido Centers-East Hanover
55 Eagle Rock Ave. East Hanover, NJ 07936

Open to women of all levels—beginner thru advanced.

Mat fee: \$40

(Participants can also take our 10-11:30 am Saturday class with Greg O'Connor Sensei at no charge)

email: info@aikidocenters.com

www.AikidoCenters.com