

Ages 9 and up!

# Fired up!

A fitness & empowerment  
class for girls!

Karate, self-defense,  
yoga, boot camp exercises,  
and teamwork games.

Register at  
[nrvttraditionalkarate.  
com](http://nrvttraditionalkarate.com)



A four week  
class beginning  
Saturday,  
January 9th  
at 10:00 AM