



MARTIAL ARTS

AIKIDO CLASSES

6+ YEARS - ADULTS

This program is run by Falls Road Aikido

Director: Christina Heffner, riverofki@gmail.com, 508-284-2910

These classes help our students grow into confident and grounded individuals who have a deep appreciation for how to become leaders in any given situation. Colored belts are used to indicate rank, but promotion is not the goal. Instead, dedication is placed on helping each other grow into unshakable, loving human beings who could keep oneself and an attacker from getting hurt if the need would arise. We practice hard with the intention of creating harmonious resolutions while developing self-esteem, integrity, self-discipline, focus, cooperation, and goal setting.

CLASS SCHEDULE

COPPERMINE FIELD HOUSE		1400 COPPERMINE TERRACE BALTIMORE, MD 21209						
CLASSES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
JUNIOR CLASS (6-12 Years) with Sempai Mikey, Sempai Rance & Sempai Christina 45 Minutes - \$240 for 12 Weeks	5:00pm		4:15pm					
ADVANCED JUNIOR CLASS (6-12 Years) with Sempai Cara-Michele (Founder) 45 Minutes - \$240 for 12 Weeks			5:00pm					
ADULT CLASS (13+ Years) \$95 Per-Month for Unlimited Classes - \$15 Drop In <small>*Note: Weapons class is held the first Sunday of the month from 9am-12pm</small>	6:00pm (1.5 Hrs)		6:00pm (2 Hrs)				10:00am* (2 Hrs)	

REGISTER NOW!

WWW.FALLSROADAIKIDO.COM/PRICING