

LADIES DO NOT BE A VICTIM!!!

LIFEFORCE PERSONAL FITNESS IN PARTNERSHIP WITH THE WILLIAMSON COUNTY SHERIFF'S OFFICE (WCSO) SELF DEFENSE ACADEMY WILL HOST A SERIES OF SITUATIONAL AWARENESS AND SELF DEFENSE CLASSES OFFERED TO OUR COMMUNITY. THE FIRST TWO CLASSES OFFERED WILL BE A WOMENS CLASS ON JUNE 4, AND ON JUNE 8, 2018 FROM 6 PM-8 PM AT LIFEFORCE PERSONAL FITNESS LOCATED AT 2120 N MAYS STREET, #150 ROUND ROCK, Tx.

WE ARE NOW ACCEPTING RSVPs FOR THE CLASSES AND HAVE LIMITED SPACE AVAILABLE. THESE CLASSES ARE TOP NOTCH AND SPACES WILL GO FAST. SO, RSVP BY EMAILING CAROLYN BRINKLEY AT RWFSELFDEFENSE@GMAIL.COM. SPACE IS LIMITED! BUT DON'T WORRY IF YOU DO NOT MAKE THIS CLASS BECAUSE WE WILL BE OFFERING MORE CLASSES ON FUTURE DATES, TBA! THESE CLASSES ARE WOMENS SELF DEFENSE CLASSES, HOWEVER WE WILL HAVE FUTURE CLASSES FOR MEN, ALL AGES, ETC. IN THE FUTURE.

AGE RESTRICTIONS

ALL PARTICIPANTS MUST BE AT LEAST 18. PARTICIPANTS MAY BE 16 AS LONG AS THEY ARE ACCOMPANIED BY A PARENT OR GUARDIAN ALSO ATTENDING CLASS.

IF YOU HAVE ANY QUESTIONS ABOUT REQUIREMENTS OR ABOUT FUTURE CLASSES OR DETAILS, FEEL FREE TO CONTACT RWFSELFDEFENSE@GMAIL.COM

WE ARE EXCITED ABOUT OUR PARTNERSHIP WITH THE WCSO AND THE OPPORTUNITY TO PREPARE CITIZENS IN OUR COMMUNITY AND SURROUNDING COMMUNITIES.

DEPUTY BRANDON SCHAEFER (WCSO) & CAROLYN BRINKLEY (LIFEFORCE)