

# Self-Defense Class

**Saturday, May 22, 2010**

**10:00-12:00 pm**

Join our Self-Defense Class to learn the most effective methods for protecting yourself in the event of a physical attack. Our self-defense class will teach correct techniques in protection and defense, and help instill confidence. Please sign up at the front desk as space is limited. This is a great opportunity to educate and equip your entire family in the art of self-defense!

TRAINING ATHLETES  
BUILDING CHARACTER  
INVESTING IN LIVES



**ARIZONA HEAT ELITE**

Cheer Training Center  
1830 E. Baseline Road  
Suite 108  
Mesa, AZ 85204

Contact: Jason Mitchell  
Phone: 480-539-1134  
Fax: 480-539-9178  
E-mail:  
jmittchell@arizonaheat.org

**Ages: 5 - Adult**

**Cost: \$15/person  
\$30/family**

**Members FREE if bring a friend!**



SDF0510

**[www.arizonaheat.org](http://www.arizonaheat.org)**