



Self Defense Class

Provided by Officer Eric Snyder from Ames Police Dept.

Saturday, January 26th 10:30am—12:00 noon

Ames Fitness Center—South location

3600 University Blvd, Ames, IA

Open to members and non-members

Limited space available.

Please email Megan Woodbeck to reserve
a spot

meganw@amesfitness.com

