



**For GUYS 13 or olde-**



**Martial Arts**

**(mixed)**

**Strength Training**

**Exercise**

**Every Thursday**

**6:00 PM - 7:30 PM**

**@ The Landing**

**Instructor: Mr. Whiting**

**For information call**

**Bridget 541-621-3269**

**\*Note: Exceptions on age may be  
determined by the instructor**