

Ladies

Age 13 and over

Martial Arts

Self Defense

Exercise

Every Tuesday

6:00 PM-7:30 PM

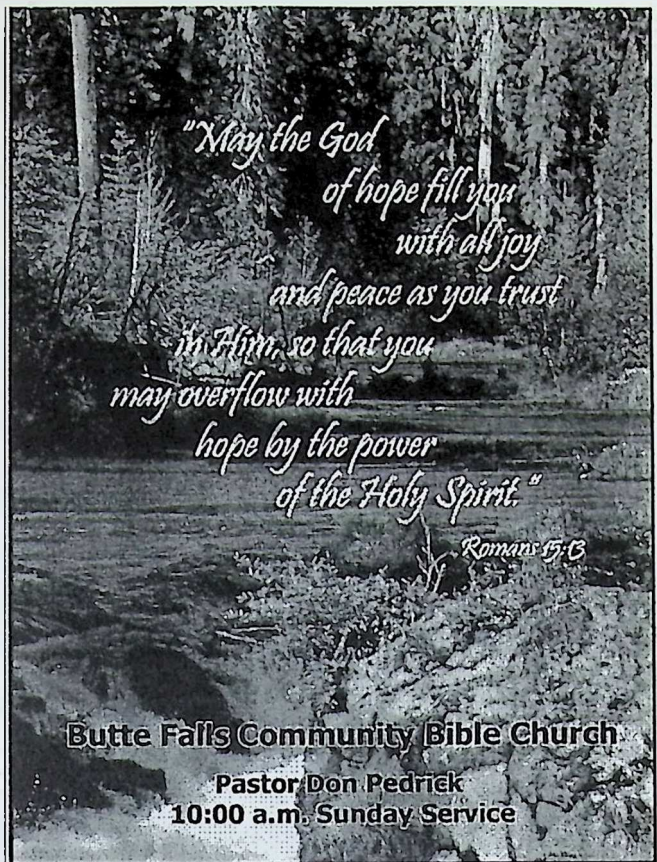
@ The Landing

Instructor: Mr. Whiting

For Information call Bridget

541-621-3269

*Exceptions on age determined by instructor.



Teens Only!

Teens Join us on
Thursday

Evenings.

Bring your friends.



Music & Dancing
Games & Computers
socializing with friends