

AIKIDO



Aikido is a unique martial art that integrates body, mind and spirit. Graceful and powerful, it emphasizes peace and harmony over aggression and violence.

BEGINNER CLASS

**Starts Sunday,
Sept. 13, 2009
3:00 - 4:00 p.m.**

8-week course – \$95

Adult class (12 and older).
No martial arts
experience necessary.
Call to reserve a space.

Regular Classes

Tuesday 7:30 p.m.
Thursday 7:45 p.m.
Sundays, 3:00 & 4:15 p.m.

**PLEASE COME AND VISIT
ANY OF OUR CLASSES
TO DETERMINE IF
AIKIDO IS RIGHT FOR YOU!**

PORTSMOUTH AIKIDO
at the Seacoast Family Y
550 Peverly Hill Road
Portsmouth, NH

CALL 603-275-1262

www.PortsmouthAikido.com