



Ladies Only Every Friday Night

*Get a workout, Learn how to strike, and
Learn techniques that could save your life!*

Multi-Week Escape Alive Program ***Practice, Prepare, Progress***

Our Escape Alive® level 1 class in partnership with Jane Doe No More is the leading Awareness and Self Defense program in CT! Having taught over 175 classes and 5500 participants one of the top questions is "How can I continue training?" We are making it easy with a weekly Female Only class focused on empowering women and girls with life saving techniques. Classes run in 8 week sessions on Friday evenings. Class is open to ages 15 and over. Light fitness workout, striking practice and a new self defense technique every week!

Location:
East Coast Training Systems
520 Watertown Ave.
Waterbury, CT

Session info:
Friday evenings
Next 8 Week Session:
September 15-November 3, 2023
6-7 pm

Cost for 8 weeks:
\$99 per person
\$175 for 2 people coming together
(bring a friend or family member)

More Info and to reserve your spot:
info@EscapeAlive.net