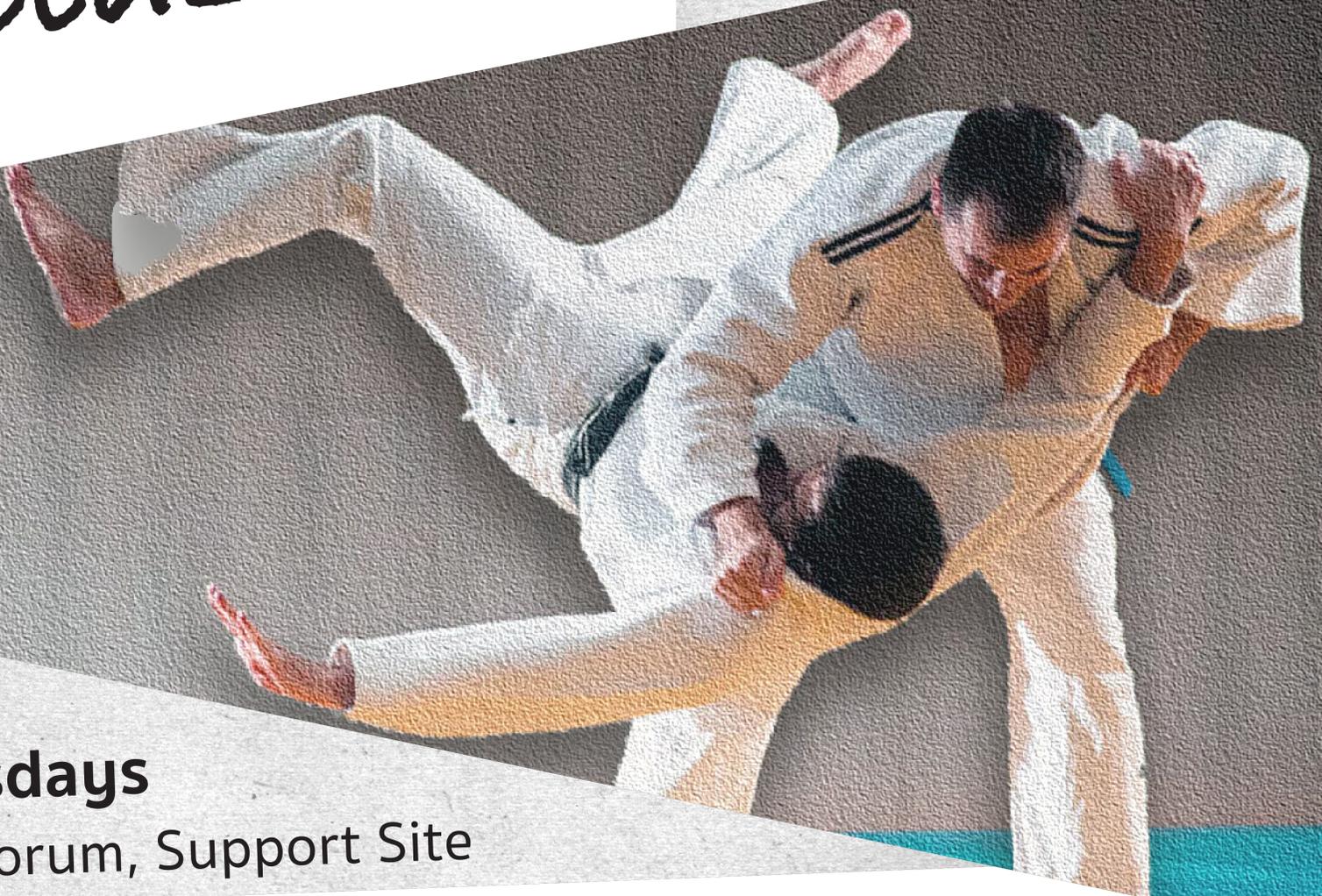


JUDO

classes

Judo, Japanese for gentle way, is a grappling martial art and an Olympic sport. Judo teaches you how to throw, how to pin and how to do submissions to control an opponent. Regular practice of judo helps with fitness, coordination, strength, agility and reaction speed.



Wednesdays

Fitness Forum, Support Site

Kids Judo

4-5 p.m.

5-9 years old

Adolescent Judo

5-6:15 p.m.

10-14 years old

Adult Judo

6:30-8 p.m.

15 years and older

\$60 per month

Size is limited to

20 per class, so register now!

Scan here to register and pay:



Begins March 5

Connect with MWR 24/7:

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For more information, call 081-811-6721 | DSN 629-6721.

