



WOMEN'S SELF DEFENSE CLASS

SATURDAY- DECEMBER 2, 2017:
9:00 AM- 12:00 PM

WOMEN'S SELF DEFENSE CLASS FEES:

CFF Member: \$20/Woman
Non-member: \$25/ Woman

Name: _____

Address: _____ City: _____ Zip: _____

Phone: _____

I prefer to be notified by (please circle): Phone call Text Message

Please complete **BOTH** sides of the registration form and return to CFF

Questions? Contact CFF at 217 357-2739 or Gera Ufkes at 309-313-1262 or
email director@carthagefamilyfitness.com



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103 Randolph Street, Carthage, IL 62321

WEBSITE: www.carthagefamilyfitness.com

