

Aikido

**Get in shape, develop core power,
and learn a martial art.**

workshop

Saturday, February 27th, 1:00-2:30pm

Free, pre-registration encouraged.

Aikido is a Japanese martial art which
integrates aerobic conditioning,
flexibility, and relaxation practice.

we have classes for beginners!

classes meet seven days a week. visitors are always welcome.



Aikido of Champlain Valley

257 Pine Street | Burlington, VT | 802-951-8900 | www.burlingtonaikido.org

Aikido of Champlain Valley is a federal 501(c)(3) not-for-profit organization.
We do not discriminate on the basis of race, religion, ethnicity, national origin,
gender or sexual orientation in our admissions or employment.

