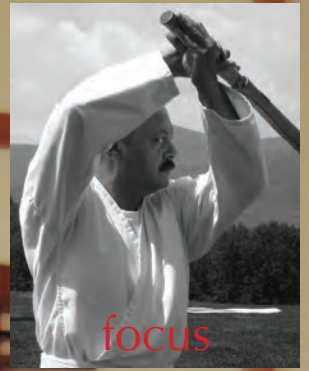


Aikido

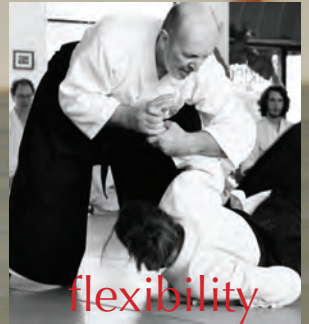
Get in shape, develop core power,
and learn a martial art.



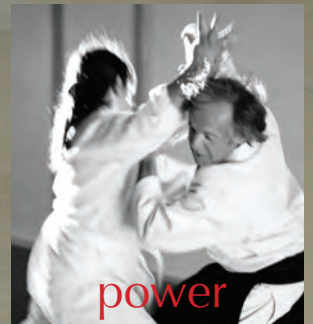
focus



connection



flexibility



power



centering

Introductory Workshop
Saturday, January 7th, 1pm



Try out Aikido for \$15

www.burlingtonaikido.org for more details
classes meet seven days a week. visitors are always welcome.

Aikido of Champlain Valley

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