



Aikido at the Center/ Nogales Aikido Club

A different martial art

Learn to Blend with Attacks
Learn Locks, Pins & Throws
Learn Defensive Rolling

Improve Balance & Strength
Increase Energy Levels
Reduce Stress and more

AIKIDO “The Way of Peace”
FOR THE FIRST TIME INNOGALES

A fun workout for strength, mind and spirit

All Ages - Men & Women
VISITORS WELCOME - TRY A FREE CLASS!

At “THE DOJO” on Mariposa
Call/Llame James 366-1100