

“I Will Fight Back”



Self-Defense Seminar at Nick's Pro Fitness



Develop physical fitness and agility

Learn Self Defense for protection

**Learn about the psychological and physical aspects
of self-defense**

**Feel more confident in your ability
to handle a dangerous situation**

Develop the knowledge and the will to fight back

**Attend this empowering seminar for the first time for \$150,
audit future self-defense seminars for free!**

Everyone benefits from learning basic self-defense. We need to know how to protect ourselves from an attacker, and also how to protect our loved ones.

At this seminar, you will learn how to protect yourself in every-day situations. Instructor Nick Kapande, owner of Nick's Pro Fitness, will guide students in protecting themselves from attackers in various circumstances. Mr. Kapande has over 24 years of self-defense experience.

**For more information, stop by the front desk or
call 303.674.6902 or 303.679.6267.
Class size is limited so reserve your spot today!**