Get a workout, Learn how to strike, and Learn techniques that could save your life!

A follow up to Escape Alive 1

Practice, Prepare, Progress

Our Escape Alive® level 1 class in partnership with Jane Doe No More is the leading Awareness and Self Defense program in CT! Having taught over 150 classes and 5000 participants one of the top questions is "How can I continue training?" We are making it easy with a weekly **Female Only** class focused on empowering women and girls with life saving techniques. Classes run in 8 week sessions on Friday evenings. Class is open to ages 12 and over. Light fitness workout, striking practice and a new self defense technique every week!

Location:

East Coast Training Systems
520 Watertown Ave.
Waterbury, CT

Session info:

Friday evenings
May 10- June 28, 2019
6-7 pm

Cost for 8 weeks:

$99 per person
$175 for 2 people coming together (bring a friend or family member)

More Info and to reserve your spot:

info@EscapeAlive.net

East Coast Training Systems - www.eastcoasttrainingsystems.com