

health &  
wellness

at the  
Sabes JCC



## Armed Combat & Tactics

**DAYS:** Thursdays

**TIME:** 7:15 PM

**LOCATION:** Sabes JCC East Studio

A.C.T. is both an effective combat/self-defense system and a great workout! Learn to use empty-hand techniques and weapon simulators that are specifically designed for the most efficient training, while maintaining safety.

### Session Pricing

Individual Session • \$20 • \$15 Member Value Price

8 Sessions • \$140 (\$17.50/class) • \$100 (\$12.50/class) Member Value Price

24 Sessions • \$360 (\$15/class) • \$240 (\$10/class) Member Value Price

48 Sessions • \$600 (\$12.50/class) • \$360 (\$7.50/class) Member Value Price

[sabesjcc.org](http://sabesjcc.org)

For questions or more information, contact Jory Hossalla at [jhossalla@sabesjccc.org](mailto:jhossalla@sabesjccc.org) or 952 + 381 3418.



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