



**501 Derek Place Suite 100**

**Roseville, CA 95678**

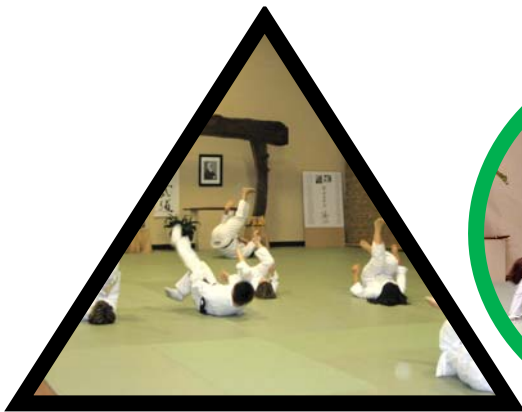
**Come Join Us!**

KIDS AND FAMILY CLASSES: TUES. – THURS 6 – 7 PM

### ROSEVILLE AIKIDO FOR SUMMER FUN

*Aikido is defined as the way of the Harmonious Spirit. It is based upon the principals of non-resistance, co-operation, and spiritual growth.*

*Classes consist of light stretching & breathing techniques, safe rolling / falling (ukemi), ki energy & martial arts applications. Fun for all ages!*



**PTA Parents : Your group can receive a donation for everyone that joins**

FOR MORE INFO VISIT [WWW.ROSEVILLE AIKIDO.COM](http://WWW.ROSEVILLE AIKIDO.COM)