

# HOW TO GET STARTED!



## Join us for our free 90 minute Intro to Krav Maga!

There will be a 30 minute semi-private lesson  
followed by a beginners Level 1 class.

### West Side - Middleburg Heights:

- Every Wednesday at 6:30pm
- 1st and 3rd Saturday of every month at 10:30am

17820 Englewood Drive, Suite 5, Middleburg Hts, Oh 44130  
Off of Engle Rd between Bagley and Sheldon Rds.

### East Side - Warrensville Heights/Orange:

- Every Thursday at 6:30pm
- 2nd and 4th Saturday of every month at 10:30am

4588 Renaissance Parkway, Warrensville Hts, Oh 44128  
Off of Emery Rd between Richmond and Brainard Rds.

No reservation is needed. Just come in at our intro time and try the class - wear comfortable workout clothes and any sort of training shoes. You are welcome to intro at either location regardless of where you want to regularly train. Age 13 and up. Anyone under 18 must have parent/guardian sign a waiver allowing them to participate.

**440-234-KRAV**

**[www.fightfitohio.com](http://www.fightfitohio.com)**