

*Mayor Tomás P. Regalado*

*Chairman Wilfredo (Willy) Gort  
Vice-Chairman Frank Carollo  
Commissioner Richard P. Dunn, II  
Commissioner Marc Sarnoff  
Commissioner Francis Suarez  
City Manager Tony E. Crapp, Jr.*



2011

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## **Bayfront Park Offering Free Self-Defense Classes for Women**

**(Miami, FL March 17, 2011)**— Miami residents can take advantage of free self-defense classes every Monday & Wednesday involving strengthening exercises, workouts for weight loss, flexibility conditioning, nutrition talks, and eastern philosophy storytelling in a fun environment while learning martial arts techniques of self-defense.

All levels of fitness and martial arts training are welcome. Participants must be at least 18 years old and will have to sign a waiver. 7:15pm-8:30pm (right after free yoga class) FREE ADMISSION / Instructor is a black belt in several disciplines of martial arts. For more information call 305-358-7550

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