

NATIONAL SKI PATROL  
WNY WOMEN'S PROGRAM



**TRX PRESEASON CONDITIONING**



**\$40 FOR ALL 6 SESSIONS**  
**\*SPACE IS LIMITED\***

Defensive Arts Dojo | 113 Elmview Ave. Hamburg, NY

Friday Nights  
6:30-7:15pm

November 13, 20, 27  
December 4, 11, 18

Venmo  
@Kristin-DiJohn  
to reserve your spot!

