



**FREE
SELF DEFENCE CLASSES**



**METROPOLITAN
POLICE**



SELF DEFENCE CLASSES

EVERYONE has the right to feel SAFE. That's why our Love Uxbridge/Uxbridge BID funded police officer has joined forces with SIMPLY GYM to extend the previous offer to local women for a FREE SELF DEFENCE CLASS to a regular class available to both women and men. These FREE classes are to raise general awareness surrounding personal safety and protection, and also offer an opportunity for persons to attend and speak to local officers to share any concerns they may have about safety in the local area.

All classes will be held at Simply Gym - Uxbridge and will be run by Simply Gym Manager Richard, who is trained in self defence and also control and restraint training. Local police officers will also be in attendance after the session to provide crime prevention advice and support.

Attendees (16+) need to book in advance, to do so please ring 01895 236518 or email Richard.ross@simplygym.net with the date of the class you wish to attend.

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- **Class dates as follows:**
Saturday 9th April 2022
Saturday 7th May 2022
Saturday 25th June 2022
Saturday 9th July 2022
Saturday 13th August 2022
Saturday 3rd September 2022
Saturday 8th October 2022
Saturday 12th November 2022
Saturday 10th December 2022
- **Class times: 10.30am to 12pm**
- **ALL (females and males) welcome**
- **Advance booking required**
Email: Richard.ross@simplygym.net
Phone: 01895 236518
- **Up to 30 persons per class (reserve lists will be maintained)**
- **Crime prevention advice and support / Q&A session with local police officers after the classes**
- **N.B. Any non-members (of the gym) who attend the sessions will be required to complete a Physical Activity Readiness Questionnaire (PAR-Q) on attendance.**