

# **Self-Defense Class FAQs**

Dear Participants,

## **What is the age requirement for the class?**

Participants must be at least 15 years old to enroll in self-defense classes.

## **Do I need any prior experience?**

No prior experience is necessary. Our classes cater to all skill levels.

## **What should I wear for the class?**

We recommend wearing comfortable athletic clothing and closed-toe shoes.

## **How long is the class?**

Each self-defense class lasts 1.5 hours, including time for warm-up and cool-down.

## **Is there a limit on class sizes?**

Yes, to ensure personalized attention, classes are limited to 15 participants.

## **What equipment do I need?**

No special equipment is required. All training materials will be provided.

## **Will there be any sparring in the class?**

Light sparring may be included in advanced classes, but it is optional.

## **How do I register?**

You can register online through our website or visit our front desk.

Best regards,

The Fitness Center Team