

Was your New Year's resolution to lose weight?

Not faring so well?



Come to Case Aikido to learn how to drop 200 pounds.

Classes and practice (in the Veale aerobics room):

Wednesday open hand class (9-10 P.M.)

Friday open practice (5:30-7:30 P.M.)

Sunday open hand and weapons classes (6:30-8:30 P.M.)

For more information, visit the Case Aikido site at <http://aikido.case.edu> or e-mail Patrick Langer (ptl5) or Zach Legg (zal).

Aikido is a lifelong learning process; feel free to join anytime (dues are \$40/semester or \$60/year).