

# Boutique Fitness to host 5-Week Women's Only Self-Defense course



*516 Pleasant St. #104, New Bedford,  
774.202.4688*

Boutique Fitness will be hosting a five week Women's Only Self Defense Course beginning March 22, 2014. The course, run by David Eaton, Jr. of Krav Maga Boston South Coast, will focus on self defense techniques specific to women.

The five week course will teach each student basic strikes, such as punches, elbows, kicks, and knees; choke defenses, bear hug defenses, and hair pull defenses to name a few. Not only is Krav Maga a great way to learn how to defend yourself, but it is also a great way to gain confidence and it's an amazing work out.

You do not have to be a client of Boutique Fitness or Krav Maga Boston South Coast to attend.

The course will be held at Boutique Fitness which is located at 504 Pleasant St, New Bedford, MA, and will run on consecutive Saturdays beginning March 22, 2014, from 1:00pm to 2:00pm. The cost of the course is \$105 and space is limited. To register, please go to [boutiquefitnessnb.com/2014/03/06/5-week-krav-maga/](http://boutiquefitnessnb.com/2014/03/06/5-week-krav-maga/).



*675 Orchard  
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Floor, New  
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508.259.1592*

Boutique Fitness is home to the area's premiere fitness consultants. They specialize in helping you conquer a more balanced life that includes realizing and living your fitness goals. Expect to become strong and empowered – taking back control of who you are and what you want from this life.

For additional information about the course, please contact Krav Maga Boston South Coast at [kravmaga.deaton@gmail.com](mailto:kravmaga.deaton@gmail.com) or Boutique Fitness at [boutiquefitnessNB@gmail.com](mailto:boutiquefitnessNB@gmail.com).

Krav Maga Boston South Coast has been providing the Greater New Bedford, MA and Providence, RI region with the areas premier Krav Maga training since it opened in January 2013. Krav Maga Boston South Coast is located at 675 Orchard Street, Second Floor, New Bedford, MA 02744.

If you'd like more information about this topic, or to schedule an interview with David Eaton, Jr., please contact us at [kravmaga.deaton@gmail.com](mailto:kravmaga.deaton@gmail.com) or (508) 259-1592.

