

LAKE PLACID WOMEN'S SELF DEFENSE COURSE



Dates & Location:

Mondays & Wednesdays

1/26/26 - 3/25/26 from 6:30 pm - 7:45 pm

Fitness Revolution, Lake Placid NY

Instructor:

Diana LeBlanc

- Jiu Jitsu Brown Belt
- Tae Kwon Do Black Belt
- Women Empowered Pink Belt

Contact:

- Email: riseupadk@gmail.com
- Text: (518) 418-5450
- facebook.com/RiseUpAdirondacks



Course Details

- 17 trauma informed classes
- \$300 non members | \$250 members
- No prior experience needed
- Ages 13+ (Girls under 18 must have an adult present)
- Wear comfortable athletic clothes

Participants will learn:

- Boundary Setting Techniques
- Leverage Based Techniques
- Key Principles of Situational Awareness



THE HOMETOWN GYM