



PFMAC NEWS

Monthly Newsletter of PFMAC



BUDDY DAY AND OPEN HOUSE!

Invite your friends and have some fun during our Buddy Day and Open House.

SATURDAY MAY 19TH AT 12PM-1:30PM

From 12 to 1pm you and your friends will participate in a FUN and PRACTICAL class learning some basic kick, self defense, and more! After class from 1-1:30 you can "show off" to your friends in a Demonstration of some more advanced skills.

You and your friends can register for a FREE ticket <https://openhouse.eventbrite.com>

We will be using BOTH SIDES of our awesome facility for this event. Bring as many friends as you would like!

UPCOMING EVENTS

**NEW! YOGA AND TAI CHI CLASSES:
STARTING MAY 14TH**

OPEN HOUSE AND BUDDY DAY: MAY 19TH 12-2PM

NO CLASS MONDAY MAY 28TH FOR MEMORIAL DAY



TRIAL CLASSES FOR NEW PROGRAMS

With the expansion of our space we are also expanding our programs! We are so excited to bring new people into our school and learn new things!

Come check our trial classes in yoga and tai chi. These new teachers came recommended to us from the PFMAC Family, if you know of anyone that would be interested that would be interested in teaching a class (it does not have to be tai chi or yoga) let us know, or just pass along our contact information.

- Restorative Yin Yoga: Taught by Selena
Monday May 14th at 6:45pm
- Vinyasa Flow All Levels: Taught by Jessica
Wednesday May 16th at 6:45pm
- Wu Style Tai Chi: Taught by Barb
Thursday May 17th at 6:45pm

Please help support our new classes by participating or spreading the word to anyone that you think would be interested! Please see Miss Neczypor about program costs. Updated fee sheets are available.

****UPDATING****

INFORMATION

During the month of May we will be updating our payment system!

You will now receive an email each month on the day your payment is due. You can pay for your monthly tuition right from the email! Or you can come in and pay exactly like you are now with cash, check, or card.

During this updating process we will be confirming everyone's email address and students birthdays so we can better keep you informed of announcements and events through email and make sure that we don't miss any more BIRTHDAY PUSHUPS!

Thank you for your cooperation.
Please see Miss Neczypor if you have any questions about the new process.

We can't say it nearly enough but thank you for all you do for your family everything you do for the PFMAC Family.

Happy Mother's Day!

Love, PFMAC Staff and Students