

Ballston Crossfit Location
1110 N. Glebe Rd. Arlington VA.



- **4 blocks from the Ballston Metro.**
- **2 blocks from the Route 66 exits to Ballston (either Glebe Rd. westbound or Fairfax Dr. eastbound).**
- **Huge parking garage (pay parking, not validated) under the gym.**
- **Plenty of street parking within 2-3 blocks of BCF. There is parking on N. Vernon St. and Vermont Street on the other side of Glebe Rd. as well as parking available on N. Vernon St and 13th Street (these spaces are not zoned and open parking).**
- **Enter the building at the specified time so we can get waivers signed and start on time.**
- **Please do not to disrupt the Crossfit classes in session as you enter.**

NOVA Self Defense, LLC
“Empowerment Through Realistic Training”

Email: training@novaselfdefense.com
Phone: 919-302-0440

Website: www.novaselfdefense.com

Need to know information for ALL self defense seminars and classes

- Please arrive on time. Do not enter significantly early since another group may have the facility reserved prior to our session
- NO flip flops, jewelry, high heels, weapons/sharp objects on you during training.
- Wear athletic clothes and sneakers.
- Bring a water bottle/electrolyte drink. Stay hydrated!!!
- All classes include a physical, athletic component- doing drills with a partner, striking pads and holding pads for a partner, and sometimes getting up and down off of the ground multiple times. There is a baseline level of fitness necessary to participate in our physical drills. If you are unable to do any of the drills or have any injuries/things you cannot do, please let the instructor AND your training partner know. Our goal is improving your safety, but we also want to safely push everyone's comfort zone. If you have serious mobility issues, consider taking the class as an observer. You will still learn a TON of useful information and insight from our lecture and concepts.
- Unless otherwise stated, all classes are intended for ages 16+ If registering someone under 16, there must be an adult registered that will participate with the minor or group of minors. Email evan@novaselfdefense.com for other inquiries.
- **Use specific instructions for: parking, entering building, etc. provided above.**
- **Any questions, email, call or text Evan 919-302-0440**
- **Event day questions- text Malcolm: 617-529-4462**

Please note that our Cancellation Policy (PDF available on our website) is strictly enforced.

Event cancellation/postponement due to extreme weather or other circumstances

- Check the upcoming training page for any urgent changes the day of your event.
- The class is a GO, unless posted in bold to the top of the upcoming training page.
- If cancellation occurs I will attempt to email you based on your Paypal email account. Depending on the circumstances our options could be to reschedule, move everyone into a future session, or provide refunds.