

Crossfit South Arlington Location
607 S. Ball Street Arlington, VA
Gray building, green stripe

- **Park in CFSA Parking lot or there is plenty of street parking within 1 block.**
- **Enter the building at the time specified so we can collect waivers**
- **Please try not to disrupt the Crossfit classes in session as you enter.**
- **Location is walkable from Crystal City metro station-about 2 blocks**

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
- Wear athletic clothes and sneakers, no jewelry. Bring a water bottle/electrolyte drink.
- 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 on our website, 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

Cancellation and no-show policy on 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 partial refunds if a multiple session course.