



**Join us Saturday, October 26  
from 9:00 AM - 2:00 PM  
for a fundraiser benefiting**

**WMAF | 43930 Farmwell Hunt Plaza, #126 Ashburn, VA 20147 703-858-3800**

**Hosted by  
WILLIAMS  
MARTIAL ARTS  
& FITNESS**



**Hosted by  
jazzercise®**

**Participating Vendors:**

Nutrilite, Pampered Chef, Stella Dot, Usborne Books, Cascades Chiropractic,  
Mary Kay, Paparazzi & Thirty-one Gifts ...and more!

**Silent auction items from:**

American Girl, Cascades Chiropractic, Clydes, Radiance Day Spa & Nerium ...and more!

**Refreshments Donated By:**

Buffalo Wing Factory, Chantel's Bakery & Potbelly's

**Cost to participate in the classes is \$25 (check made out to Susan G. Komen).  
Free if you just want to come and shop.**

**9:00 AM Burlesque**

**Burlesque by Jazzercise** combines sassy, sexy and flirty dance movements to create one fierce and fun cardio workout. These showgirl-inspired moves will have you feeling confident as you pop your booty and strut your way across the dance floor.



**10:15 AM Self-defense**

**Shihan Williams** an eight degree black belt, eight time National Karate Champion, former Marine, MP & State Trooper. Shihan Williams has been in the Ashburn area teaching martial arts since 1990. Learn to defend yourself with easy, simple concepts and understanding basic body mechanics.

**11:30 AM Street Funk**

**Tim Roberts** is a professional dancer, teacher, choreographer, and aerobic champion. He helped choreograph and performed in the closing ceremonies of the Summer Olympics in Barcelona and his TV credits extend from Disney to the ESPN National Aerobic Championships.



**All proceeds will go to Susan G. Komen Foundation**