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Taking it to the Streets

*The Beacon Hill Athletic Clubs Offers Free Women's Self Defense Class
at North End Location*

(Boston, MA) –With the ongoing occurrences of **rape** in **Boston's North End**, the **Beacon Hill Athletic Clubs** have instituted a **free Women's Self-defense class and seminar** on **Friday, July 18, 2008 at 7:00PM** at their North End location (**Located at 85 Atlantic Ave, Boston, MA**). Led by **8th-degree black belt Master Ed Huff** (one of the highest-ranking instructors in the U.S.), the course will be covering basic techniques for personal safety and self-defense. All participants will leave with a greater understanding of personal safety and self-defense, and all in attendance will receive free rape whistles. "The Beacon Hill Athletic Clubs is working to do whatever we can to help the women of the North End and surrounding Boston Areas. We are offering this free self-defense clinic and welcome anyone and everyone to attend! It has always been part of our mission statement to work with our fellow neighbors to create a greater sense of community and we are more than happy to create events like this one to assist in any way we can." Said Mark Rowe, General Manager of The Beacon Hill Athletic Clubs. Those interested in attending should call **(617) 742-0055**.

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About the BHAC:

The Beacon Hill Athletic Clubs are the premier Boston health clubs and total fitness centers in and around Boston. Locations include: Beacon Hill | Beacon Hill North End/Waterfront | North Station | Newton | Brookline Village | Brighton Center | Cleveland Circle | Wellesley. The BHAC's eight locations feature spacious group exercise and Spinning studios, steam rooms, and the Cardio Theatre audiovisual entertainment systems.

The health clubs are filled with state of the art cardiovascular equipment and include a vast variety of free weights and weight machines. Every location maintains a staff of certified personal trainers providing sessions run by the hour and discounts available when 10 sessions are purchased. Group exercise classes include kickboxing, power yoga, spinning and Pilates. For More information please call 617-562-0202 or log on to: www.beaconhillathleticclubs.com.