

## Aberdeen TanSu Self Defense - Aberdeen

aberdeen



Published on: 04/03/25	Hits: 71
Comments: 0	See comments
Votes: 3	Score: 4

[https://www.electrofitness.com/physical-fitness-program/aberdeen/aberdeen-tansu-self-defense-aberdeen\\_157596.php](https://www.electrofitness.com/physical-fitness-program/aberdeen/aberdeen-tansu-self-defense-aberdeen_157596.php)



*aberdeen*

### *Aberdeen TanSu Self Defense - Aberdeen*

#### **Physical Fitness Program: Aberdeen TanSu Self Defense**

The **Aberdeen TanSu Self Defense** program in Aberdeen, MS, offers a unique approach to physical fitness that focuses on self-defense techniques suitable for all individuals. This program is designed to empower participants through effective training while promoting personal safety and confidence.

#### **Accessibility Features**

One of the standout features of the Aberdeen TanSu Self Defense program is its commitment to **accessibility**. The facility provides a **wheelchair-accessible car park**, ensuring that everyone, regardless of physical capabilities, can easily access the venue. This inclusivity is vital for fostering a supportive and welcoming environment for all participants.

## **Benefits of the Program**

Participants in the Aberdeen TanSu Self Defense program benefit from structured classes that not only teach practical self-defense skills but also promote overall physical fitness. The exercises integrate strength training, flexibility, and cardiovascular conditioning, making it an all-encompassing fitness regimen.

## **Conclusion**

If you're looking for a comprehensive physical fitness program that emphasizes both self-defense and accessibility, the **Aberdeen TanSu Self Defense** program is an excellent choice. With its wheelchair-accessible facilities, it stands out as a model of inclusivity in the realm of personal fitness.

## **The location of our premises is**

611 High Street, 206 Highland Ave, 39730 Aberdeen, MS - United States (US)

The phone number of the respective **Physical fitness program** is +1662-436-7194  
And if you want to send a WhatsApp, you can do so at +1662-436-7194

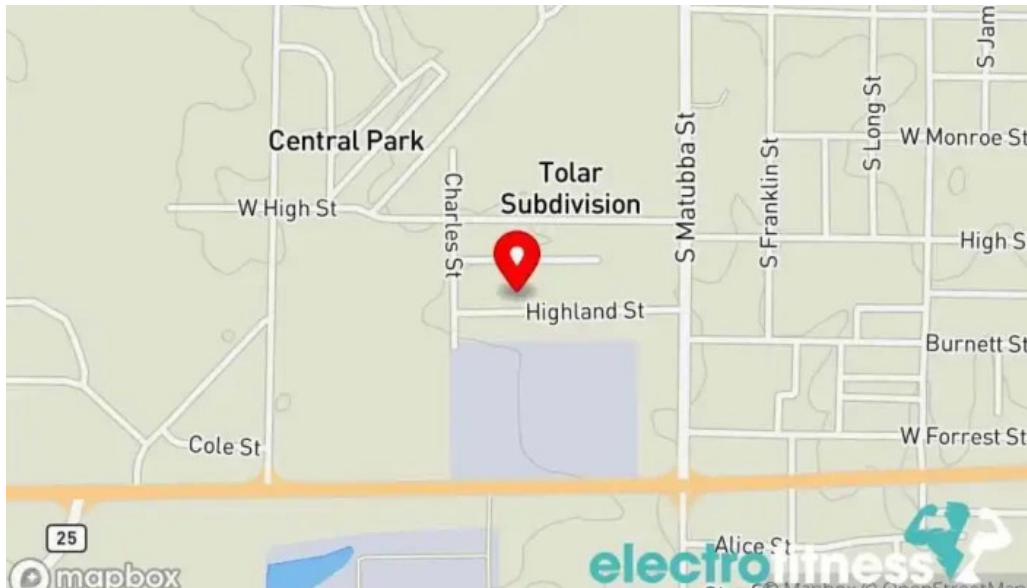
## **Our service hours are:**

Day	Hours
Monday	Closed
Tuesday	6–8?PM
Wednesday	Closed
Thursday	Closed
Friday	7–8?PM

Saturday  
Closed  
Sunday  
Closed

If you wish to alter any detail that you believe is not precise regarding this portal, please send us a message so that we will fix it promptly. In advance thank you very much.

## Images



*Aberdeen tansu self defense map*



*Aberdeen tansu self defense all*



*Aberdeen tansu self defense aberdeen*

## Tags

*Wheelchair-accessible car park, Accessibility*

## Related content

- 4.5 \* *City of Abbeville Gymnasium - Abbeville*
- 4.9 \* *Verse CrossFit - Abbeville*
- 5.0 \* *Vermilion Crossfit - Abbeville*
- 5.0 \* *CrossFit Cayenne - Abbeville*
- 4.7 \* *Snap Fitness Abbeville - Abbeville*
- 4.8 \* *Abbeville Health & Fitness - Abbeville*
- 4.8 \* *Royal Fit Nutrition - Abbeville*
- 4.8 \* *Planet Nutrition - Abbeville*
- 4.7 \* *K.a.k. Fitness - Abbeville*
- 5.0 \* *Perfectly You Fitness - Abbeville*

## Categories

community center
convenience store

country club
dollar store
elementary school
fitness center
grocery store
gym
gymnastics center
hotel
martial arts school
personal trainer
physical fitness program
physical therapy clinic
public educational institution
rock climbing gym
school district office
shooting range
sports complex
thrift store
vitamin & supplements store
yoga studio