

**Open-To-All
Ladies**

The 'Qi Girl' is Here!

Fit Lady Gym - Kings Mall, Kingston - (845) 336-8292



'Never Be Afraid'

**6 week class
for \$50**

**Self-Defense Class
For Women**



- **Specially designed:** Combing the techniques of the martial arts with the energy, power and awareness of Qi
- **Conquer fear:** Bringing peace into your heart brings clarity to your mind; fear will dissipate and you'll make wiser judgments in difficult situations
- **Gather Qi for your power:** Physical strength relates to your size. Use the energy of Qi for your strength and power
- **Never be intimidated:** Bring confidence to your spirit and be in control. Feel good about yourself and never be taken advantage of
- **Be like water and wind:** A calm lake, a gentle breeze but a hurricane when you need. Deflect an aggressor with simple movements and retaliate with effective blows and locks
- **Use your surroundings:** A nearby stick, a child's toy, a shopping cart and your keys can make a reliable weapon
- **Real life situations:** Practice - someone yelling in your face, slapping & grabbing you, an attack from the front and behind



'The Qi Class'

'Qi - life's energy'

**An Energy Cleansing and
Strengthening Class
-Free to Fit Lady Members-**

- **Modern meets ancient:** The modern aerobic and kickboxing exercises combine with the ancient Chinese Qigong to create this full balanced energy producing workout
- **Posture and breathing:** Ultimate breathing and correct posture for saturating your body with a waterfall of Qi
- **Lose weight and tighten muscles:** This cardio workout gets your heart pumping, body sweating and cleans out your toxins
- **Throw away stress and worry:** This effective exercise is an all time favorite as your body and mind overcome negativity
- **Walking with Qi:** Get a better root and connection with Earth's energy as you gain better balance and feel like you are walking on a cloud
- **Dancing with Qi:** Unlock the real secrets for amplifying the effects of Qi and get into a mental state of bliss



**Harmonize and Balance Your Energy - Strengthen and Cleanse Your Body
Calm and Relax Your Mind**