

BEGINNER'S Kung Fu For Adults

4 week Introductory Special

Physical & Mental Benefits ...

- ☑ Learn Practical Self Defense
- ☑ Reduce Stress
- ☑ Improve Flexibility
- ☑ Increase Strength & Stamina
- ☑ Improve Balance & Body Awareness
- ☑ Increase Energy Level



Schedule of Beginners' Classes:

Attendance on all days is NOT required.

Mon.	Tue.	Wed.	Thur.
7:15-8:15 pm	6:30-7:30 pm	7:15-8:15 pm	7:15-8:15 pm

Schedule may be subject to change, call for updates.

Limited Time Offer

☑ 4 weeks of lessons
plus uniform
(\$129 value) **\$ 69**

OFFER EXPIRES 1/31/12

New members only. Teens, depending upon age, may qualify.
One offer per person. Call and ask for Mrs. Kiesel with questions.

Check our web site
for latest news



Yang's
MARTIAL ARTS

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