

Hiking Stick/Staff

EXERCISES FOR HEALTH AND SELF-DEFENSE

These energizing exercises are rooted in ancient Chinese martial arts. You'll learn stretches for your back, shoulders and chest... and movement that can:

- Improve postural alignment
- Increase joint mobility and range of motion, especially in your back, shoulders and wrists
- Increase leg, upper body and core strength
- Improve left/right brain integration

PLUS, you will learn:

- Self-defense applications and two-person techniques

LOCATION: Summa Gym/School of Nursing, Professional Center South, 41 Arch St., Akron. *Outdoors, weather permitting.*

Choose one or both sessions (\$30 per weekend session):

**Friday, Aug. 27,
6:30-8:00 p.m.**

AND

**Saturday, Aug. 28,
9:30-11:00 a.m.**

AND/OR

**Friday, Sept. 10,
6:30-8:00 p.m.**

AND

**Saturday, Sept. 11,
9:30-11:00 a.m.**

"Five Crazy Tigers" Classes Also Available

For those who wish to learn this specific sequence of movements, additional sessions will be scheduled.

NANCY GARDNER



energy

For more information call Nancy at 330.945.5533 ■ email: nancyg@ngenergy.us ■ www.ngenergy.us

REGISTER EARLY... ENROLLMENT IS LIMITED!

Choose one (\$30) or both (\$60): **Fri./Sat. August 27 & 28** and/or **Fri./Sat. September 10 & 11**

Name _____ Age _____

Address _____ City _____ State _____ Zip _____

Phone(s) _____ Email _____

Please make check payable to Nancy Gardner/NG Energy and send to 1091 Oakland Ave., Akron, OH 44310.