



WATER TIGER SCHOOL'S T'ai Chi MARTIAL AEROBICS

Saturdays 4:00 — 5:00 PM

**Got
Sweat?**

Aerobic Kickboxing

with a T'ai Chi Twist

Combining a life-time of athletic training with over 20 years of T'ai Chi experience, Laoshi Laurince McElroy has designed a sweat-inducing, calorie-burning, butt-kicking aerobic workout. Be warned: *T'ai Chi Martial Aerobics* is specifically designed for those looking to take their fitness to the next level and is not for those just starting on their weight-loss journey — minimum fitness requirements apply.

60 minutes of high-intensity blocks, punches, kicks, and combos will:

- Burn more calories than cycling, treadmill, running, standard aerobics;
- Work you from the core to strengthen & tone legs, butt, abs, back, and arms;
- Improve body coordination and flexibility;
- Increase your endurance and help improve all other aspects of your training.

*Sweat towel and water required — Heart-rate monitor **strongly** recommended.*



Fee

\$15.00 per class

or

\$50.00 per month

Please Note:

- *No shoes will be allowed on the studio training area.*
- *We reserve the right to determine participation qualification.*
- *For men and women over 18 years old.*
- *Liability Waiver Required.*
- *Space is limited.*
- *Tuition for other Water Tiger School classes is separate.*

**Program designed & led by:
Laoshi Laurince D. McElroy
Certified Instructor of T'ai Chi since 1991**

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