

AMERICAN FAMILY KARATE

Presents:

Women's Fitness & Self-Defense Class!



NEW CLASS:

Who: Women ages 14 to Adult

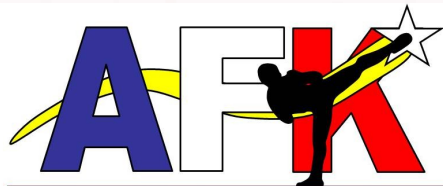
What: Women's Fitness & Self-Defense Class

When: Tuesdays at 5PM Starting 10/4/11

Where: AFK Dojo

Why: Focus on Fitness & Self-Defense

ALL FITNESS LEVELS WELCOME!



American Family Karate

Proud Member Of The United States SORYU Karate Federation

607-207-4641

Sensei@AmericanFamilyKarate.com

1849 W. Water St. Elmira, NY 14905

WWW.AmericanFamilyKarate.Com



The NEW Women's Class will be DIFFERENT & SEPARATE from the traditional karate classes offered at AFK! It will be structured based on the wants & needs of the women enrolled!

PRICES

REGULAR PRICES:

Women's Class ONLY: \$40.00 per month

Women's Class PLUS Regular Classes: \$69.00 per month

"Mom's Rate" (\$35./Month) Applies to this class when you have a student registered in BBT's, Family or Advanced class!

DISCOUNTS:

ABLE2, EOP, Chemung ARC Full-Time Employees & Elmira/Horseheads School District Teachers:

Women's Class ONLY: \$29.00 per month
(With proof of employment)

10% off for (Full-Time) Police, Fire, Military or EMS Workers or their spouses. Must provide proof of employment, must live under the same roof.

REGISTRATION:

With Uniform: \$35.00

Without Uniform: \$15.00

Class Information



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A note from Sensei Brown:

Over the course of the last year, I've had several requests for a "Women's Only" class. It seems that most women are interested in learning self-defense but not in moving through a rank system, learning to fight (spar) or sparring in tournaments. Rather, women, being the practical ones that they are, wish to learn self-defense while focusing on their overall fitness levels. This is exactly what I am envisioning for this **NEW** class! Each class will focus on a specific self-defense technique and it's application. Additionally, each class will include stretching, cardio and strength training. The exercises will vary from class to class to keep it exciting and fresh! Women who wish to experience a more traditional karate class may participate in one of the other classes as well. Participation in the Women's Class **WILL** count towards rank requirements for those who choose that route. I want this class to meet the needs of the women enrolled. Please feel free to suggest exercises that you would like to try!

~ Sensei Shawnie Brown

"The Fine Print"

1. Children younger than 10 years **MAY NOT** be left in the lobby during class. Sorry, it is far to distracting.
2. Wear loose, comfortable clothes to class. Please, **NO** "Short-Shorts"! Always bring sneakers to class, we'll go outside in nice weather! We recommend pulling your hair back.
3. Please remove jewelry before class, except wedding rings.
4. We only have one restroom, it is wise to be changed before you arrive when possible.
5. We will follow the Elmira School District for "REAL" Holidays (not teacher conference days).
6. E-mail is the **BEST** way to contact Sensei Brown: Shawnie@AmericanFamilyKarate.com
7. If there is a holiday/weather cancelation there will not be a refund offered. Classes can be made up in other classes within 30 days.
8. There must be at least 5 registered/participating women for this class to remain on the schedule.
9. Sensei is allergic to floral perfumes/lotions, please limit this if possible.

"The family that KICKS together STICKS together!"

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