



# Kang's Black Belt Academy

## Fitness Classes

**Saturday Black Belt Fit: 7:00-8:00 am**

Taught by Dr. Mary Baker

Black Belt Fit provides a great opportunity for stretching and fitness training. "Not Just for Black Belts" this class is open to everyone who wants to get in shape.



**Sunday Yoga: 12:15 - 1:00**

Taught by Teresa

The Yoga class is for all levels and beginners are welcome. In this class postures are practiced to align, strengthen, and promote flexibility. Modifications will be offered to encourage everyone at all levels to participate. Meditation and Pranayama (breath work) techniques are taught to promote relaxation. Class concludes with Restorative Yoga postures which settle the body and mind.

**Saturday Zumba: 1:30 - 2:15**

Taught by Carla

Zumba provides fun and effective exercise with dance moves set to Latin and international music. Interval training combines fast and slow rhythms for an effective aerobic workout, while targeting your legs, abs, glutes, and arms.



### Location:

Kang's Black Belt Academy  
18200-C Georgia Ave.  
Olney, MD 20832  
**301-570-1106**  
www.kangs.ninja

### Special Offer:

**FREE February Fitness**

Email: [kangs.lempert@gmail.com](mailto:kangs.lempert@gmail.com)

(Sign up at the studio this week, or at class)