

Strengthen Your Body Focus Your Mind Energize Your Spirit

For Women & Transgender People

KARATE



STUDENTS OF ALL ABILITY LEVELS ARE WELCOME. TAKE KARATE IN A NON-COMPETITIVE ENVIRONMENT, WHILE SETTING YOUR OWN PACE AND PUSHING BEYOND FORMER LIMITS.

MONDAYS 7:30 – 8:00 PM
WEDNESDAYS 6:00 – 7:30 PM
& SATURDAYS 10:00 – 11:15 AM
All Karate students are welcome to attend
Conditioning Class on Mondays 6:30-7:30 pm

TAI CHI



A GENTLE, MEDITATIVE MARTIAL ART PRACTICED FOR RELAXATION, CENTERING & STRESS-REDUCTION. WHILE CENTERING THE BODY, TAI CHI OPENS UP THE MIND-BODY-SPIRIT CONNECTION.

THURSDAYS 6:10 - 7:30 PM

FREE Childcare - Sliding Fee Scale

Self Defense and Youth Programs also available. Advance registration required. Contact us for information.

www.caeny.org | (718) 788-1775 | info@caeny.org

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