



***Hit it*** is an exhilarating fusion of dance and martial arts that promises a heart-pumping hour of fun and muscle-toning for the entire body. Come relieve some stress and jam to the beat while throwing some punches, blocks and kicks. Then spice it up even more with some feel-good simple dance moves in between.

**Join us for a FREE *Hit it* Demo Class  
with Queen City Dancing Queen Instructor  
Lisa Burke**

**When:** Saturday, December 27, 2008 at 10 AM

**Where:** St. John's Outreach Center,  
1310 Bradford Heights Rd, Gastonia, NC  
(Close to the intersection of Bradford Heights Rd and Hudson Blvd)

**Who:** YOU and all your friends- Class is open to the public

All levels of fitness and dance are welcome. Come early if you are new to Queen City Dancing Queen classes.

Wear comfortable clothes and shoes, and bring water.

**Class cards will be available for purchase on this day.  
For more information about this and other Queen City Dancing Queen classes,  
call 704-526-8845 or go to:**

**[www.QueenCityDancingQueen.com](http://www.QueenCityDancingQueen.com)**