

# Original Yin

QI  
GONG  
GYM

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Che-Hao Albert Chang | 434 West 8<sup>th</sup> Avenue, Vancouver, BC, Canada, V5Y 1N9 | [originalyin.com](http://originalyin.com) | 604-879-0881

Qi Gong Gym simplifies ancient physical training regimen fundamentals in a yin-style state-of-the art equipment circuit to train the most important part of the human body, the core.

A welcoming atmosphere with continually evolving personalized programs within a group setting make working out fun.

**WHO:** Everyone from 14 to 114!

**WHAT:** 30- to 45-minute yin-style circuit training on state-of-the art equipment based on qi gong fundamentals

**WHEN:** Tuesday to Friday from 9:00 am to noon, and from 3:00 pm to 7:30 pm (Saturday beginner introductory training drop-ins also available from 12 noon to 2 pm)

**WHERE:** 434 West 8th Avenue, Vancouver, BC (One block north of the City Hall stop on Canada Line, one block east of Whole Foods)

**WHY:** An innovative alternative to Pilates group classes, and the staid gym experience in a welcoming atmosphere with inspiring music and individual attention from TCM diploma holding instructor, Dr. Albert Chang.

**HOW:** Strengthen the core, rebalance energy flow and achieve a state of relaxation and exhilaration.

The equipment at the Qi Gong Gym includes:

1. Range of Motion (ROM) Provides a full body workout for overall cardiovascular conditioning.



2. Powertec Multi-System Gym weight training The evolution of weight training, this system optimizes bone density and muscle development.



3. BodyCraft 3D The Jones Smith Machine Delivers yin-style core training for a strong lumbar region and tight abdominal muscles.



4. Bowflex Revolution XP The well-touted spring resistance system isn't used to build bulk, but like a Pilates Reformer, to stretch the body and reduce muscular strain.

5. GyroGym Based on training equipment used at NASA, this machine's intense isometric exercise causes the exertion of different muscle groups relative to the body's position in space and the pull of gravity. The overall effect is the same as the burn of doing crunches, push-ups and squats all at once - plus a heightened sense of relaxation.



CALL 604-879-0881 FOR MORE INFORMATION.

Tuesday to Friday: 9:00 am to noon and 3:00 pm to 7:30 pm  
Beginner 101 Training session: Saturday, noon to 2:00 pm  
Early bird morning circuit session: 8:00 am to 8:45 am