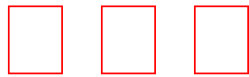


Tai Chi Yang Competition 40



Taught by William Hansell



What is Tai Chi?

- Chinese exercise that uses slow smooth body movements to relax the body and mind.
- Improves muscle tone, flexibility, balance, and coordination.

When: Thursdays
February 16, 2012
through
April 19, 2012

Time: 8:30 AM- 9:30 AM
Location: TBA

Fee:
\$45 for Members
\$65 for Non-members



Sign up at the Front desk TODAY!

