

Tai Chi for HEALTH

Classes Monday at 10:00am and 6:00pm
and Thursday at 10:50am

Morning classes held in Splash Pad Building
Monday evening in room above the Main Gym

Members \$35 a month (8 classes)

or \$65 for 2 months (16 classes)

Non Members \$56 a month (8classes)

Or \$100 for 2 month (16 classes)



“An ancient Chinese exercise offers arthritis relief through slow, gentle movement” says Mary Jo DiLonardo (Arthritis Foundation)

“A study released by researchers at Tufts Medical Center in Boston, Mass., found that Tai Chi can specifically reduce the pain and physical impairment of all people with severe knee osteoarthritis.” (Arthritis Foundation)

Classes start 11/5

Sign up and Pay by November 2