

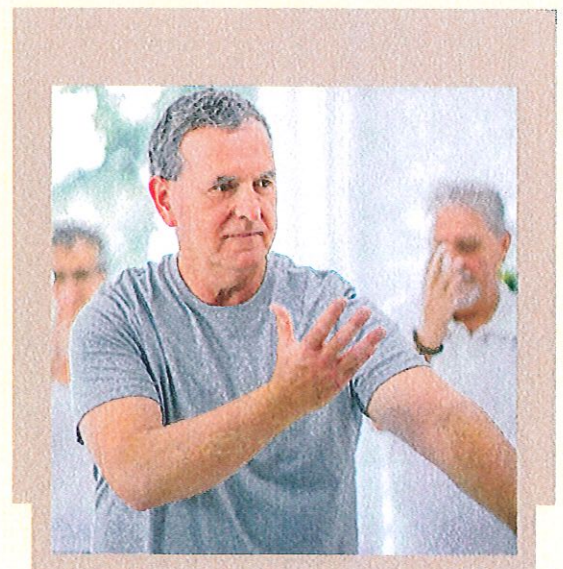
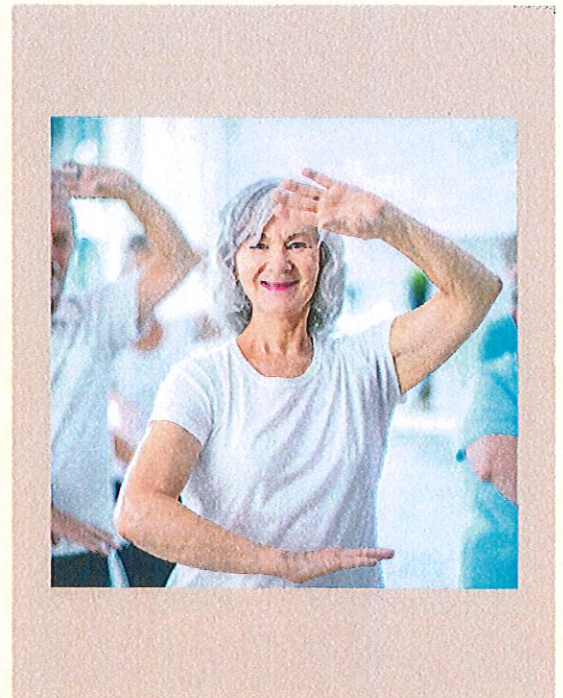
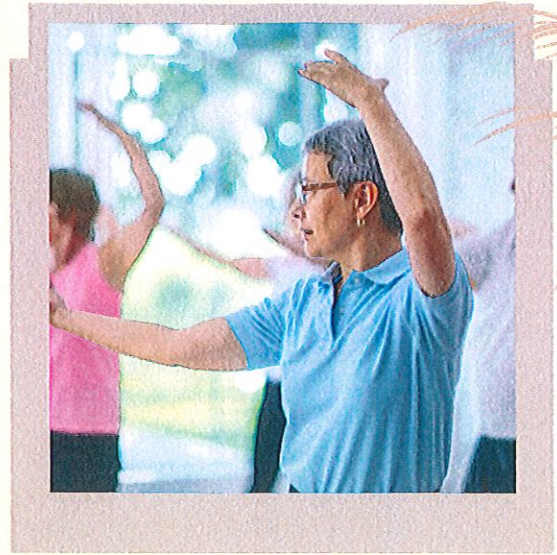
TAI CHI

Thursdays
10-11am

WHY TAI CHI?

- Improves muscle strength
- Helps maintain flexibility
- Improves balance
- Light aerobic conditioning
- Meditation in motion

Classes are \$5 per class OR
5 Punch Card Pass for \$20
(cash or check only, please)



SOAR@Dorr
Dorr Township
1039 Lake Ave., Woodstock, IL 60098
(815) 338-0125 ask for Laura