

Tai Chi

Thursdays 9:30-10:30am

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Tai Chi Evening

Mondays 5-6pm

Join instructor Dick Ahren,
for either or both class options.
He guides groups through the basics
of this ancient practice
to promote calm,
balance and mental clarity.

The first class of each type is free.

Classes are then \$5 each.

An 8-punch Wellness/Fitness pass
is available for \$25.