



# CLASSES

**FRIDAYS BEGINNING**

**NOVEMBER 11TH**

**9:30 AM - 11:30 AM**

These classes are **FREE**.

Everyone is welcome to participate.

Tai Chi is good for your health and breathing.

Join us for a good stretch and  
to learn the 8 forms of Tai Chi.

NOTE: A release form must be signed to be able to participate.

