

NOVEMBER 7 – DECEMBER 14, 2016



2016

IRWINDALE SENIOR CENTER



TAI CHI – CLASS 1

Mondays and Wednesdays

9:00am – 10:00am

Limit of 25 participants

6 week session

INFORMATION:

- WHO:** Adults 50 years +
- WHAT:** 6 week Tai Chi – Class 1
- WHERE:** Irwindale Senior Center
- WHEN:** Mondays and Wednesdays; 9:00am – 10:00am
- FEE:** \$4.50 Irwindale residents
\$6.00 Non-residents

REGISTRATION DATES:

- Monday, October 17, 2016 – Irwindale Residents w/ID
- Monday, October 31, 2016 – Non-residents

REFUNDS:

No refunds after Monday, November 14, 2016

ENROLLMENT LIMITATIONS:

To allow the maximum number of interested students per class, students may enroll in either Tai Chi Class 1 OR Class 2; not both.

Class will not begin until 10 students have registered.



“In this class you will learn to achieve greater flexibility, balance & movement.”
Instructor John Rafter

Tai Chi Thirteen-Posture will be studied, in which slow stretch and relaxation will be emphasized in order to achieve greater flexibility, balance and movement. Qigong (the maintaining of good health and physical well-being) will also be taught.

SMILE - YOU ARE ON CAMERA

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For more information contact Becky Bardales at 430-2284.