



TAI CHI

THURSDAY'S 11:00 AM TO 12:30 PM

#13088 - SEPTEMBER 18 - OCTOBER 9

#13089 - OCTOBER 30 - NOVEMBER 20

TAI CHI IS A LOW IMPACT EXERCISE ACTIVITY WHICH IS PRACTICED AS A SLOW MOVING MEDITATION. A FORMER ANCIENT MARTIAL ART IS NOW PRACTICED FOR HEALTH AND WELL BEING. BENEFITS OF TAI CHI INCLUDE STRESS REDUCTION, RELAXATION, IMPROVED MOBILITY, BALANCE AND FOCUS. CLASS TAKES PLACE ON THURSDAYS AT THE WALNUT SENIOR CENTER LOCATED AT 21215 LA PUENTE ROAD.

4 WEEK SESSION: \$60 RESIDENTS/\$65 NON-RESIDENTS

REGISTER ONLINE AT WWW.CITYOFWALNUT.ORG OR CALL WALNUT SENIOR CENTER AT (909) 598-6200