

太極拳

Tai Chi

INSTRUCTOR:
HUNG HOANG

Tai Chi is a graceful form of exercise. It involves a series of movements performed in a slow, focused manner and accompanied by deep breathing.

Tuesdays 7:30-8:30 p.m.*
Saturdays 8-9:30 a.m.

*First time students should attend the Saturday class first.

\$20/MONTH RESIDENT
\$25/MONTH NON-RESIDENT

ELDRIDGE PARK COMMUNITY CENTER
2511 ELDRIDGE RD

To register, visit
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Parks & Recreation