

Adult TAI CHI

Fun, easy, effective tai chi... producing results faster than you ever believed possible

Learn the "Infinite 9"

- nine simple movements that will enhance your immune system, increase balance and coordination, lower blood pressure, and increase muscle tone and flexibility



Adult Tai Chi (18+)

5 Week Sessions

Maryland Heights Community Centre
2344 McKelvey Road • Maryland Heights, MO

Mondays 6:30 - 7:45 p.m.

\$35/resident \$40/non-resident

CALL 314-738-2599 to register

no class Feb 20th