

# TAI CHI

Tuesdays - October  
and November 2024

Tuesdays,  
10:00 - 11:00 am  
Room B

For all fitness levels  
including beginners.

Practice can be done  
standing, sitting, or a  
combination of both.

Led by Certified  
Personal Fitness  
Instructor  
Albert Estremera

Registration is  
required. Maximum 25

