

Tai Chi Classes

Tai Chi for Health (all levels)

6 classes for \$30.00

Tuesdays from 2:00 to 3:00

Tai Chi for Health II (advanced)

6 classes for \$30.00

Thursdays 10:30 to 11:30

Till May 12

Qigong for Everyone

Thursdays 10:30 to 11:30

(No fee)

Starts May 19

For More Information call

Healthy Lifestyles Fitness Center

410-620-3101