

MARTIN ANDERSEN SENIOR CENTER



*Balanced Tai Chi Class
With Tom Abbott,
Instructor*

New Class!

Tuesdays

2 PM

Building #1

Tai Chi is a centuries old Chinese martial art. It is practiced for both its defense training and its health benefits.

Anyone can learn. Just relax, practice and have fun! If you are interested in participating in a new Tai Chi Class please join us!

\$6.00 members

\$7.00 non-members