

# Intro To The World Of Tai Chi

## Taught by Catherine Yu

### February 4th - March 28th



An 8 week journey of mindful movement, balance, and calm strength. Ideal for those ready to slow down, stay consistent, and explore the art with patience.

#### Class Times:

Wednesdays: 8:30 - 10:00 am

Sundays: 11:00 - 12:30 pm

#### Price:

Fitness Members \$120.00

Program Members \$130.00

Non - Members \$145.00

## Space is limited!

Email [nacregisternow@gmail.com](mailto:nacregisternow@gmail.com) to register today!

No makeups for missed classes.