



Adult Tai Chi

Moving for Better Balance & Health

“The 24-Short Yang of Tai Chi Chuan” taught by Instructor Bruce Brie focuses on rehabilitation, mental/physical musculoskeletal conditioning, cardiovascular function, flexibility, stability, and balance. Participant’s progress will be assessed at the end of each month. No Tai Chi experience is necessary! All participants must be able to walk 50 yards unaided and should bring water, wear loose cloths and tennis shoes. In addition, an instructional book and DVDs are available for purchase from the class instructor.

QUESTIONS?

Contact Jaden at
jdelfer@fecrpd.com
or 916-927-3802 ext. 125



Tuesdays & Thursdays

11:00 am – 12:00 pm

\$37 per month/\$35 Res. Discount

Community Center at Howe Park
2201 Cottage Way
Sacramento CA 95825

**Please register a week before the
start of each month to avoid class
cancellation**

How to register:

Online at www.fecrpd.com

By Phone at 916-927-3802

In Person at the District Office
2201 Cottage Way (95825)