

太極拳

tai chi

Instructor:
Hung Hoang

Resident -
\$20/month
Non-
Resident -
\$ 25/month

Tai Chi is a graceful form of exercise. It involves a series of movements performed in a slow, focused manner and accompanied by deep breathing.

Tuesdays 7:30-8:30 p.m.*
Saturdays 9-10:30 a.m.

*First time students should attend the Saturday class first.

Eldridge Park
Community
Center

Please call 281-275-2885
for more information.

