

太極拳

Tai Chi

**INSTRUCTOR:
HUNG HOANG**

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.

Wednesdays 5-6 p.m.*
Saturdays 8-9:30 a.m.

*First time students should attend the Saturday class first.

\$20/MONTH RESIDENT

\$25/MONTH NON-RESIDENT

ELDRIDGE PARK COMMUNITY CENTER

2511 ELDRIDGE RD



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