



# Chair Tai Chi

**Wednesdays at Anderson Park Senior Center**

**9:45am-10:45am**

**January 4th-March 22nd 2017**

**\$20 for a 12 week session or \$2 per class.**

Enjoy the therapeutic and empowering practices of Tai Chi from the comfort of a seated position. This low-impact form of Tai Chi is adapted from and based on traditional Tai Chi movements. Chair Tai Chi is open to all regardless of age, fitness level, or level of experience. Enjoy the discovery of a life-long exercise system in a supportive group atmosphere and experience the benefits of Tai Chi first hand!

**Please bring exact change with you to class for payment. Thank you!**

**Please refer questions to:**

**Redondo Beach Senior and Family Services 310-318-0650**

