

CITY OF LOS ANGELES DEPARTMENT OF RECREATION AND PARKS
FELICIA MAHOOD MULTIPURPOSE CENTER
11338 SANTA MONICA BLVD, LA 90025 - (310)479-4119



TAI CHI CLASS



Tai Chi is a practice that involves a series of slow gentle movements, physical postures, a meditative state of mind, and controlled breathing. No prior experience necessary. Open to everyone.

Instructor: Guy Horton

EVERY 1ST, 3RD, AND 5TH WEDNESDAY OF THE MONTH

FROM 9:30-10:15AM

FEE: \$10/MONTH WITH CLASS PASS

FIRST CLASS: WEDNESDAY, JULY 16TH



*CLASS IS SUBJECT TO CHANGE OR CANCELLATION WITHOUT NOTICE. PERSONS WITH DISABILITIES ARE WELCOME TO PARTICIPATE IN OUR PROGRAMS. REASONABLE ACCOMMODATIONS CAN BE MADE WITH PRIOR ARRANGEMENT.

