

# TAI

# CHI

Tai Chi is a gentle exercise known to promote health and longevity. Improve your balance, breathing, strength, and coordination. This class will be taught in a step-by-step manner allowing natural progression. Instructed by Mike Manfredo.

**Tuesdays,  
2:30-3:15PM**

**March 3 - 31**

**April 7 - 28**

**May 5 - 26**

**Malibu Bluffs Park**

**\$5 per class**

