

# New Session of Beginning

# Tai Chi



New Session:

**January 25, 2012 – June 13, 2012**

Instructor:

**Charlyne Tasato**

The movements of Tai Chi are gentle, graceful, mystical and a way to gain balance, strength, and flexibility.

What:	New Session of Beginning Tai Chi
Dates:	January 25, 2012 thru June 13, 2012
Time:	Wednesdays at 8:30am
Where:	Newtown Rec Center, Rec Room
Fee:	No Charge / Members Only

This new session replaces the original class of Tai Chi, therefore, all interested in attending must re-register at the Front Office. For other activities or classes offered at the Newtown Rec Center, visit our website at [www.newtownstates.org](http://www.newtownstates.org).

Deadline: Friday, January 13, 2012