

TAI CHI CLASS

Moultonborough Recreation Department

**Interested in increasing your balance and strength, while reducing stress and
Increasing focus?**

Tai Chi is the class for you.

Classes will be offered at the Recreation Department/Community Center

- When: Tuesday mornings at 10:30 starting on October 27th
- Cost: \$7.00 Per class Paid by check to Russ Jones
- If you are still unsure and just want to see what it is about or if it is for you...join us on October 20th at 10:30 at the Community Center for a free introduction to Tai Chi, and give it a try. Sensei Jones will be there to answer all of your questions and give you a taste of what to expect in his classes .

Sensei Jones studies and shares Chen Style Tai Chi. Although Tai Chi is a martial art Sensei Jones unique curriculum promotes holistic health. Joint health, flexibility, strength and balance are just a few of the many benefits that can be realized through regular Tai Chi practice. Sensei Jones' curriculum can also accommodate students who choose to sit, stand close to a chair or stand without aid.

**Please contact the Recreation Department with any questions you might have or
to sign up for classes.**

476-8868

