



Tai Chi / Qigong

CLASSES AT LEVINE JCC

Adults & Senior Adults

Ongoing
Sign-up
monthly, or
drop in.

This class is designed for *all levels of fitness* to learn the forms of Tai Chi. Improve your **strength, balance, circulation, and coordination**, all in a fun and safe environment.

Tuesdays, 11:45am-12:45pm
Swimmer Family Aerobics Studio
Instructor: Mike Gentile

LJCC/Oasis Member: \$30 per month
Non-Member: \$42 per month
Drop-in (per class): M/B/\$12 NM/\$14



To register, call the L JCC Customer Service Desk at 704-366-5007

Questions? 704-944-6792 • jill.lipson@charlottejcc.org

