

Tai Ji Chi Gung

Marks Street
Senior Recreation Complex
99 E. Marks St., Orlando, FL 32803



Wednesdays 5 - 6 p.m.

Fridays 9 - 10 a.m.

There are many benefits to be gained by people of all ages and physical capabilities with the practice of Tai Ji Chi Gung.

This internal/external exercise tones and strengthens the body, develops flexibility, balance, coordination, and mental focus.

As meditation and exercise it is a method for dealing with stress and developing our inner psyche.

Tai Ji Chi Gung offers the opportunity to reap the many benefits of regular exercise and meditation.

Ages 18 and older

Please dress for a workout: casual clothes and no jewelry.

\$10 per month, per class

For more information: Eric Raboy 407-731-9130

DancingDragonKungFu.com

407-254-1066 • OrangeCountyParks.net



We embrace the power of diversity. Orange County Parks and Recreation does not discriminate against anyone on the basis of age, race, gender, national origin or disability. ANY SPECIAL NEEDS PLEASE CALL 407-836-6200.

