

Tai Chi

Physical Fitness for Older Adults

Principals of Chi Gong/Tai Chi. This course is designed for the older adult and offers instruction in the principles of chi gong and tai chi to maintain and increase flexibility, muscle tone, breathing capacity, and enhance coordination and balance. This course provides exercises that are flowing, smooth and gentle on the body and contribute to sound physical, mental and emotional well-being. Registration Fee: \$20 Class Fee: \$20 per semester. Student body card: \$2.



**Open enrollment.
Join at any time.**

Classes Start September 13, 2010
Monday, 12:30-2:30 pm

Felicia Mahood Senior Center

11338 Santa Monica Blvd. LA, 90025 (at Corinth) (310) 479-4119



Questions? Call (323) 370-1040 or (310) 914-3565
or go to our website at westsideadultschool.org

Westside Community Adult School
Division of Adult and Career Education • Los Angeles Unified School District