

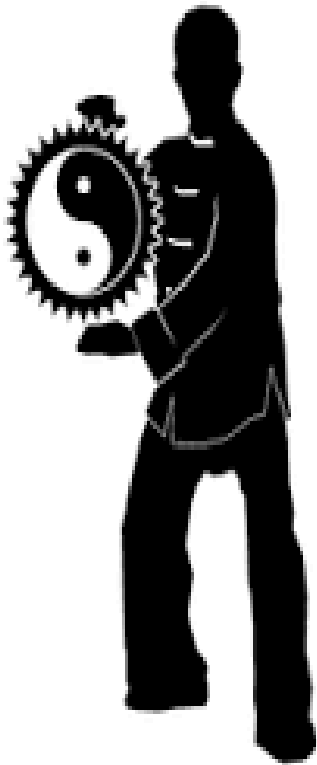
Instructor: Bill Rich

Tai Chi

“Can you learn to grasp the sparrows tail?”

*This traditional Yang Family Tai Chi taught by the Yongnian Tai Chi Association of South Florida.
Start Anytime!*

- Balance the mind
- Relieve stress
- Increase energy & stamina
- Improve flexibility, balance and agility
- Lower blood pressure
- Decrease risk from falling



Tuesdays
On-going
September - December

Beginner	5:30pm - 6:30pm
Intermediate	6:00pm-7:00pm
Advanced	6:30pm-7:30pm

8 punch card: \$48 Residents \$60 Non-Residents

12 punch card: \$66 Residents \$82 Non-Residents

*** 9/12 @ BRCC (downtown 150 Crawford Blvd.)**

**No class: 10/10 (alternate 10/12), 11/14 (alternate 11/13),
12/12 (alternate 12/11)**

Programs & Fees are Subject to Change



James A. Rutherford Community Center in Patch Reef Park
2000 W. Yamato Road, Boca Raton, FL 33431 561-367-7035
www.patchreefpark.org

The Greater Boca Raton Beach and Park District owns and operates Patch Reef Park.
The City of Boca Raton provides daily operation and maintenance.

