

TAI CHI

In The Pines

Yang style-Sword-Qigong

with Shannon Keenum

2524 Beechwood Way/Club House

Monday 5:00pm-6:00pm

Tuesday 4:30pm-5:30pm

Thursday 9:00am-10:00am

-Improve Balance

-Improve Sleep Cycle

-Gain Confidence

Questions Call 661-412-1518

\$20 Drop in Class

\$55 Monthly Unlimited (recommended)

Please Pay Instructor at Class Not Front Desk