

TAI CHI

WITH RAY KORDA

Tai Chi is an ancient Chinese system of exercise – often referred to as a moving meditation. It's benefits include: increased lung capacity, stimulated circulation, greatly improved balance, and an overall feeling of relaxed energy.

Your instructor, Ray Korda, has over 40 years of Martial Arts and Tai Chi teaching experience, and holds an 8th degree black belt in Kenpo Karate.

This class is low impact and excellent for all ages. Comfortable shoes and clothing required.



Tai Chi meets on Monday's at 3PM
Instructors alternate teaching every 6 weeks.