

CITY OF SUNNY ISLES BEACH
CULTURAL & HUMAN SERVICES DEPARTMENT PRESENTS:

TAI CHI CLASS

SESSION I: 2/28—4/6/06

SESSION II: 4/11—5/18/06

DAYS: TUESDAYS &
THURSDAYS

TIME: 7:00 AM—8:00 AM

FEE: \$18.00 / SESSION

LOCATION:

SUNNY ISLES BEACH
GOV'T CENTER
1ST FLR MEETING ROOM



Sunny Isles Beach Gov't Center
18070 Collins Avenue
Sunny Isles Beach, FL 33160
305.792.1706 phone
305.792.1566 fax

- Improves balance
- Prevents falls
- Helps posture
- Improves quality of sleep
- Helps build immunity to disease

About Tai Chi - Tai Chi exercises safely combine cardiovascular fitness or stamina, muscular strength, and flexibility, and by doing this, produce measurable outcomes—improved posture, balance, coordination, ability to perform daily activities, and improve sleep quality.

Interested participants must fill out registration form and turn in with payment at Sunny Isles Beach Government Center (payment of \$18 covers one session, which lasts 6 weeks). Registration is limited so you must sign up early, if interested.

Call us at 305.792.1706 today!