



TAI CHI

FALL 2022

(OUTSIDE ONLY)

This successful exercise program has helped individuals accomplish a relaxed state, improved balance, reduced stress, and has brought movement into areas of the body that are not usually exercised. If the ancient method of Tai Chi is something you are invested in learning and practicing, come join us in our **2022 Fall Tai Chi** program.

This **8-WEEK** program will be held under the direction of **Bob Scrivani**.

Tai Chi is held 2 days a week, **Mondays and Tuesdays only, OUTSIDE ONLY** (weather permitting) on the front lawn of the Municipal Complex.



OCTOBER 3—NOVEMBER 22
9:00a—10:00a



\$25 for residents \$35 for non-residents

To register online please go to <https://register.communitypass.net/wall>

Tai Chi: 10/3/22—11/22/22 \$25 Wall Residents - \$35 Non-residents

**If paying by check please mail & make checks payable to:
Wall Recreation—2700 Allaire Rd—Wall, NJ 07719 / 732-449-8444, ext 2251**

Fee is non-refundable unless program is cancelled by the Recreation Department.

NAME _____

ADDRESS _____ ZIP _____

PHONE # _____ EMERG # _____

E-MAIL ADDRESS _____