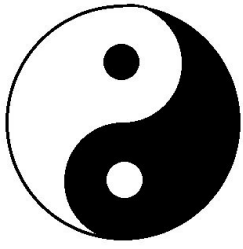


Wall Recreation Department Presents:



# Adult Tai Chi



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

**WHEN?**                    **Mondays & Tuesdays: Starts April 2– May 22nd**

**WHERE?**                    Wall Municipal Building : Middle Room / or Red Barn @ soccer field —  
depending on weather

**TIME?**                    **8:30—9:30 AM**

**FEE?**                    \$25 for residents  
\$35 for non-residents

To Register Please go to <https://register.communitypass.net/wall>

**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 \_\_\_\_\_