



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

**WHEN?** **Mondays & Tuesdays: Starts** September 17– November 13  
\*\*NO Class October 8th Building is closed\*\*

**WHERE?** Wall Municipal Complex : Soccer Fields—Next to Bathrooms  
Community Room—During Inclement 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 \_\_\_\_\_