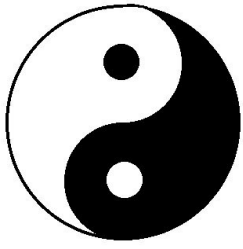


Wall Recreation Department Presents:



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** November 19– January 15
NO Class December 25th and January 1st Building is closed

WHERE? Wall Municipal building / complex : Community room OR outside Soccer field

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 _____