

Wall Recreation Department Presents:

ADULT TAI CHI SUMMER 2019

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 **2019 Summer Tai Chi** program.

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

WHEN: Mondays, Tuesdays & Wednesdays
May 20—July 10
July 15—September 4 (*No class Sept. 2*)



WHERE: Wall Municipal Building/Complex:
Community Room, Middle Room or Outside

TIME: 8:30am—9:30am

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 _____