

Spring
2010



Tai Chi Chuan

Try Tai Chi Chuan

Thursdays
March 18 — April 22
(6 week class)

Times:
9:30 to 10:30 AM or 8:00 to 9:00 PM
(morning) (evening)

An ancient form of gentle exercise for everyone regardless of gender or age. At your own pace, without sweat or straining, you can increase coordination, strength, and endurance, firm your body, reshape your figure and relieve stress while achieving superb tranquility of mind and body. The instructor also covers self-massage and acupressure points to relieve pain.

FEES (per each 6 week session):
\$50.00 Resident or Non-Resident

Instructor: John Nanay
8th degree black belt—inducted into
the Karate Hall of Fame, 1998.

DON'T WAIT—REGISTER NOW
PRE-REGISTRATION IS REQUIRED

CRESTWOOD
RECREATION & WELLNESS CENTER

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