

TAI CHI



@ Magnolia Center

Every Friday in the Exercise Room

Beginners

11:00am – 12:00pm

Intermediate

10:30am – 11:00am

Advanced

9:30am – 10:30am

Join Instructor Manuel Niz for this very relaxing exercise class of Tai Chi. Learn what it takes to focus, strengthen, and build your mind, body and soul. Develop a mental, physical and spiritual awareness in a friendly atmosphere.

All ages and walk-ins welcomed!

Address: 601 Grand Ave, SSF



Call us @ (650) 829-3820 to reserve your space!