

TAI CHI

@ Municipal Services Bldg.

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

Address: Dance Studio
33 Arroyo Dr, SSF



Beginners

Thursday

11:00am – 12:00pm

Advanced

Monday

9:30am – 10:30am

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