

TAI CHI CLASS

FREE AND OPEN TO PUBLIC
(NO REGISTRATION IS REQUIRED)

Kennedy Recreation Center
1401 7th St NW, Washington, DC 20001



April & May 2016
Class Schedule

Every Wednesday
11 AM - 12 PM



What is Tai Chi?

Tai Chi is a Chinese martial arts form that offers fun and gentle exercise for the body and mind. It's an enjoyable way to improve mobility, balance and overall well-being.



For more information, email us at oapia@dc.gov or call (202)-727-3120.