

LOS BANOS
COMMUNITY
CENTER

TAI CHI

MONDAYS & WEDNESDAYS
FROM 9:15 - 10:15AM
THIS CLASS BUILDS
STRENGTH AND BALANCE
THROUGH LOW IMPACT
EXERCISE

COST: \$5.00 PER MONTH
REGISTER AT LOSBANOS.ORG
OR THE LOS BANOS
COMMUNITY CENTER

Ages 50+

Instructor: Maria Clower

Cost: \$5.00 per month

Mondays & Wednesdays: 9:15am - 10:15am

All programs subject to change

