

4-week Intro Session

Tai Chi

at Oneida Family Fitness

When: Classes held MONDAY & THURSDAY's

Time: 11:00 a.m.—11:40 a.m.

Cost: \$15.00

*** Registration Required; Intro Session available throughout October ***

Join our Tai Chi Program and relax your way to better health.

This classic Chinese Martial Art features slow movements coupled with deep breathing exercises to provide wellness, self healing, and improved state of mind.

Contact: Call (920) 490-3730 for Questions

