

Water Tai Chi/Ai Chi

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Special December Class

**Tuesdays
5p—6p**

**Thursdays
5:30p—6:30p**

***No Class*
12/24 & 12/26**

**Form exercise working flexibility, core, and strength.
This class ranges from zero to medium impact,
and the speed of exercise will vary.
It will also be combined with other water exercises.**

Clean water shoes suggested, but not required (shoes will help stabilize for balance).

Ages 12 and up are welcome!

Come and challenge yourself!