

Wall Recreation Department Presents:



Outdoor TAI CHI Summer 2020

This successful exercise program has helped individuals accomplish a relaxed state, improved balance, reduced stress, and has brought movement into areas of the body that are not usually exercised. If the ancient method of Tai Chi is something you are invested in learning and practicing, come join us in our **2020 Summer Tai Chi** program.

This **8-WEEK** program will be held under the direction of **Bob Scrivani**.

Tai Chi is held 3 days a week, Mondays, Tuesdays & Wednesdays OUTSIDE (weather permitting) in front of the Municipal Building



AUGUST 17—OCTOBER 7
(NO CLASS 9/7)
8:30a—9:30a



\$30 for residents \$40 for non-residents

To register please go to <https://register.communitypass.net/wall>

Tai Chi: 8/17/20—10/7/20 \$30 Wall Residents - \$40 Non-residents

If paying by check please mail & make checks payable to:

Wall Recreation—2700 Allaire Rd—Wall, NJ 07719 / 732-449-8444, ext 2251

Fee is non-refundable unless program is cancelled by the Recreation Department.

NAME _____

ADDRESS _____ ZIP _____

PHONE # _____ EMERG # _____

E-MAIL ADDRESS _____