



# Tai Chi Exercise Classes

**Thursdays**

*Starting October 6*

**10:30 - 11:30 am**

Birch Bay Activity Center  
7511 Gemini Street • Birch Bay

Learn a relaxing and gentle exercise that will fit any age group. Tai Chi exercise can help people improve their body flexibility, balance, and reduce stress.

Wear comfortable clothing

**Cost: \$5 per class**

## FREE DEMO CLASS

Saturday, October 1, 10:30 a.m.

- Basic Chinese standard Taijiquan
- Taiji sword exercise
- Taiji fan
- Chinese health Qigong



## Instructor Guo Cheng

is the founder of Blaine Taiji Academy. She has previously taught at The Blaine Senior Center and Whatcom Fitness in Blaine.



Sponsored by: Northwest Park & Recreation District 2

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