

楊家二十四式太極拳

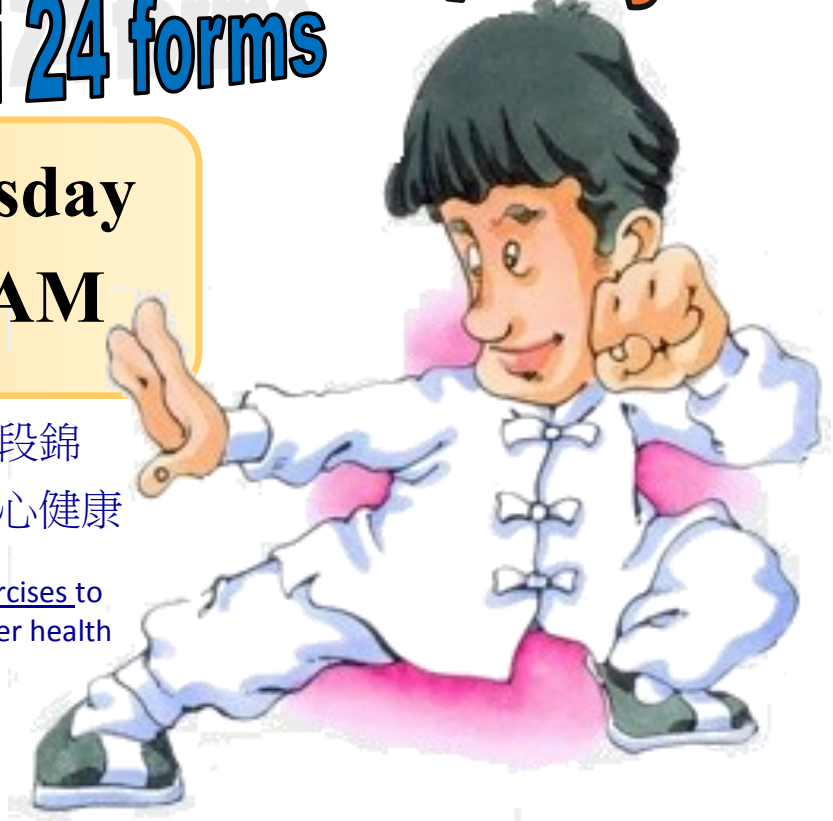
Yang-style Tai Chi 24 forms

每週四 Every Thursday

上午 10AM-11:30 AM

課程加設 熱身拍打, 健身氣功八段錦
及六字訣, 以提升太極功效 達到身心健康

Class including variety martial art warm up exercises to
enhance the effective of Tai Chi & reaching better health



Free to all AACI Senior Program Member,

\$5/ 每堂課 Class for non-members, Ask Staff for First Time Free Trial Class

課程從基礎上由簡到繁, 一招一式教導, Tai Chi comprises gentle physical exercise & stretching
易學好記, 歡迎會員登記參加 with mindfulness, welcome members to join

2400 Moorpark Ave., Suite 111 San Jose CA 95128

美亞耆英中心

歡迎美亞金或銀咭之成員參與

Welcome valid AACI senior members to join

查詢詳情, 請與職員聯絡 please contact:

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