

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



課程從基礎上由簡到繁, 一招一式教導,
易學好記, 歡迎會員登記參加

Tai Chi comprises gentle physical exercise & stretching
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

Information: senior.wellness@aacj.org
(408)975-2730 Jasmine(x177) Paula(x135) Eunice(x184)

