

The City of

SAN DIEGO



RECREATION CENTER



5155 Greenbrier Ave. San Diego, CA 92120

(619) 235-1129

Tai Chi Allied Gardens



Monday Mornings 10:00am—11:00am

Are you looking for a positive exercise environment for mind/body development?

Please come join us Monday Mornings to learn more about Tai Chi. The goal is to start your week off with a one hour session of Tai Chi movement and energy with other like-minded individuals. Group leader has been learning and practicing this style since 2004. See you there!!!



**Every Monday 10:00am—
11:00am**

Allied Gardens Rec Center

Meet in the Dance Room

FREE

 **All City of San Diego parks and beaches are smoke free.**
FOR MORE INFORMATION PLEASE CALL (858) 552.1658
WWW.SDRECCONNECT.COM

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