

T'ai Chi Ch'uan

with Master Chen Wei Tung



T'ai Chi Ch'uan is an internal Chinese Martial Art. Learning and practicing the forms promotes relaxation, balance, coordination, flexibility and strength. In addition to improving health and fitness, with regular practice one will eventually develop instinctive self-defense skills.



Mondays & Thursdays 8:30 - 9:30am

\$60/month for 1 class per week

\$100/month for 2 classes per week

Dockweiler Youth Center

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