

# TAI CHI CLASS

**FREE AND OPEN TO PUBLIC**

**Kennedy Recreation Center**

1401 7th St NW, Washington, DC 20001

Meeting location: Outside open area next to the playground  
(\*Will be held in the multipurpose room when there is inclement weather)



## MARCH 2016 Class Schedule

Wed, 3/2, 11 AM - 12 PM

Wed, 3/9, 11 AM - 12 PM

Wed, 3/16, 11 AM - 12 PM

Wed, 3/30, 11 AM - 12 PM

Note: No class on 3/23



### What is Tai Chi?

Tai Chi is a Chinese martial arts form that offers fun and gentle exercise for the body and mind. It's an enjoyable way to improve mobility, balance and overall well-being.



For more information, email us at [oapia@dc.gov](mailto:oapia@dc.gov) or call (202)-727-3120.