

Tai Chi

At the Avon Rec



Intermediate Tai Chi is Back

Tai Chi practitioners will use the Chinese martial art that uses slow, rhythmic, balance and strength building movements to enhance overall health

Time and attention are given as the moves are taught at an individualized pace

Terrill has over 25 years of experience teaching all levels of Tai Chi



Intermediate/Advanced Class

Monday and Wednesday

6:35 pm with Terrill

8 Week Course for Just \$112