

Tai Chi Class

Tai Chi is an exercise with the movements of one's head, eyes, arms, hands, body, legs, and feet done in coordination with one's mind and respiration. The Fee for each class is \$3.00 or you may receive a \$2.00 discount if you pre-paid for 4-weeks in advance or \$10.00 for the month.



Mondays: 9:00 am
Downtown Community Center
/ Anaheim Senior Center
250 E. Center St., Anaheim, CA 92805
(714) 765-4510