

CITY OF LOS ANGELES DEPARTMENT OF RECREATION AND PARKS
FELICIA MAHOOD MULTIPURPOSE CENTER
11338 SANTA MONICA BLVD, LA 90025 - (310)479-4119

TAI CHI CLASS



Tai Chi is a practice that involves a series of slow gentle movements, physical postures, a meditative state of mind, and controlled breathing.

TUESDAYS FROM 10-11AM

FEE: \$10/MONTH WITH CLASS PASS

CLASS IS FOR ADULTS 50 YEARS AND OLDER

*CLASS IS SUBJECT TO CHANGE OR CANCELLATION WITHOUT NOTICE. PERSONS WITH DISABILITIES ARE WELCOME TO PARTICIPATE IN OUR PROGRAMS. REASONABLE ACCOMMODATIONS CAN BE MADE WITH PRIOR ARRANGEMENT.



Register in person or online at
laparks.org/multipurpose/felicia-mahood

