

Palisades Recreation Center

851 Alma Real Drive Pacific Palisades CA 90272 (323) 454-1412

GUY  HORTON

Tai Chi Classes

With Tai Chi you can learn how to reduce stress, improve balance, improve strength, and improve coordination.



TUESDAYS 7:30PM-8:30PM \$60 MONTHLY
or
WEDNESDAYS 11:00AM-12:00PM \$60 MONTHLY



Sign Up Today on: LAPARKS.org

Refund Policy:

15% administration fee will be assessed on all refund requests.

No refunds after the first class. A full refund will be assessed if the league/program is canceled by the Department.

Information, dates and times listed are subject to change or cancelation without notice.

Achieving gender equity through a continuous commitment to Girls and Women in sports. Persons with disabilities are welcome to participate in our programs.

Reasonable accommodations will be made with prior arrangements.

Good Sportsmanship is everyone's responsibility. It starts with you!