

Plainfield PARK DISTRICT TAI CHI classes!

NEW!



New class not found in the brochure!

Tai chi improves muscular strength, flexibility, fitness, improve immunity, relieve pain and improve quality of life. Muscle strength is important for supporting and protecting joints and is essential for normal physical function. Flexibility exercises enable people to move more easily, and facilitate circulation of body fluid and blood, which enhance healing. Fitness is important for overall functioning of the heart, lungs, and muscles. In addition to these components, tai chi movements emphasize weight transference to improve balance and prevent falls.

**No class March 29 | Ages 20 & up
R \$67/NR \$77 | Min. 5/Max. 20**

Program #	Day	Date	Time	Location
65216A1	W	Feb. 22-Apr. 5	9-9:45a	Plfd Twp Community Center 15014 S. DesPlaines St.
65216B1	W	Apr. 12-May 17	9-9:45a	

For more information call (815) 267-3350 or visit www.plfdparks.org

