



# TAI CHI CLASS

with Connie Konnick

Slow graceful exercise with many health benefits including reduced blood pressure, heart rate & stress. Reduces arthritis pain by strengthening muscles around the joints. Increases cardiovascular health, strength, muscle tone & circulation. Improves balance, coordination and concentration. Exercises can be done standing or seated.

ALL AGES WELCOME!

THURSDAYS 5:30-6:30pm

\$64.00 ~ 8 week class

\$32.00 for 4 week mini-session

Mar. 15<sup>th</sup> – May 10<sup>th</sup> ~ Session II (makeup 5/17) - No class 4/19/12

May 24<sup>th</sup> – Jun. 21<sup>st</sup> ~ Session II (makeup 6/28) - No class 5/31/12

**Lower Macungie Recreation/Programs is pleased to be offering the following:**

**WHAT: TAI CHI CLASS**

**WHEN: \_\_\_ Mar. 15<sup>th</sup> – May 10<sup>th</sup> ~ Session II (makeup date 5/17) (No class 4/19/12)**

**\_\_\_ May 24<sup>th</sup> – Jun. 21<sup>st</sup> ~ Session III (makeup date 6/28) – 4 week mini-session (No class 5/31/12)**

**WHERE: Lower Macungie Community Center**

**COST: \$64.00 for 8 classes**

**\$32.00 for 4 week mini-session**

**Registration limited to 20 people per class**

**REGISTRATION: NAME: \_\_\_\_\_**

ADDRESS: \_\_\_\_\_

HOME PHONE & CELL#: \_\_\_\_\_

E-mail ADDRESS: \_\_\_\_\_

**Please make check payable to: Lower Macungie Township, 3400 Brookside Road, Macungie, PA 18062  
ATTN: Community Center Class**

**Register:** Lower Macungie Community Center ~ Monday-Friday ~ 8am-4:30pm

**Addition Information:** Please call 610-966-6924

**Cancellation Policy:** No refund for cancellation made two weeks (or less) from first date of class.



[www.lowermac.com](http://www.lowermac.com)

**FOR TOWNSHIP USE ONLY**

PAID: \_\_\_\_\_

CASH: \_\_\_\_\_ CHECK: \_\_\_\_\_