

Centralia Recreation Complex

TAI CHI

DAY: WEDNESDAYS

TIME: 10:00 A.M.

**LOCATION: CENTRALIA
RECREATION COMPLEX**



DAILY FEE
FOR NON-MEMBERS

FREE

FOR MEMBERS



Instructor:
Chip Forrester

**LIGHT AS A FEATHER,
GENTLE AS A BREEZE**

*Improve your balance, strength,
agility & coordination*

CALL, COME IN OR SIGN UP ONLINE!



115 E. Second St. | Centralia, IL | 532-3214

CentraliaFoundation.RecDesk.com