

# Berkley Parks and Recreation

2400 Robina, Berkley - 248.658.3470

## Tai Chi Class



Are cold hands and feet a problem?

Do you suffer from leg cramps?

This gentle motion class, may help you to improve your circulation, increase flexibility, ease arthritis pain and lower blood pressure. This class is on going with new classes starting monthly.

*Try 1st class for free!! This class would make for a great gift!*

Time: 9:30am Cost: \$30/6 weeks

Starting dates: Wednesday, February 17

Wednesday, April 6

Class location: Berkley Community Center



For more information or to register over the phone with a Visa or MasterCard call Berkley Community Center at 248.658.3470. Now taking registrations. Resident and non-residents are welcome!

Free van rides for Berkley Seniors call for reservation.