

BYRAM RECREATION



LATE SUMMER SESSION

LEARN TAI CHI



WEDNESDAY

12:15PM-1:15PM

AT THE BYRAM

FIREHOUSE- RT 206

JULY 22 - AUG. 26

SATURDAY

09.00 AM - 10.00 AM

AT BYRAM TOWN HALL-

10 MANSFIELD DRIVE

JULY 25- AUG 29

TAI CHI FOR ALL AGES

NO EXPERIENCE NECESSARY—IF YOU CAN STAND
AND WALK, YOU CAN DO TAI CHI.

A GENTLE, LOW-IMPACT PRACTICE THAT BUILDS
STRENGTH, FLEXIBILITY, AND BALANCE.

cost is \$30.00 for
each 6 week session
or \$5 drop in

ABOUT THE INSTRUCTOR: MICHAEL CELESTE, OWNER
AND INSTRUCTOR OF AFA MARTIAL ARTS IN MOUNT
ARLINGTON, BRINGS 25 YEARS OF MARTIAL ARTS
EXPERIENCE, WITH THE PAST 20 YEARS DEDICATED
TO TAI CHI. AS AN INSTRUCTOR, HE FOCUSES ON
HELPING STUDENTS IMPROVE BALANCE, MOBILITY,
AND OVERALL WELL-BEING THROUGH TAI CHI.



SIGN UP NOW

[HTTPS://REGISTER.COMMUNITYPASS.NET/BYRAMTOWNSHIP](https://register.communitypass.net/byramtownship)



ANY QUESTIONS EMAIL US AT
RECREATION@BYRAMTWP.ORG