

TAI CHI



Mondays

October 5 - December 14

Time: 7:15 PM - 8:15 PM

No Class: 11/23



Discover the art of balance and mindful movement in our new Tai Chi Class! Experience the gentle, flowing movements of this ancient practice designed to improve flexibility, strength, balance, and overall well-being. Through slow, intentional motions and focused breathing, you'll reduce stress, enhance relaxation, and cultivate a greater sense of calm.

Whether you're a beginner or have previous experience, this class offers a welcoming environment to move at your own pace, reconnect with your body, and leave feeling refreshed and revitalized.



This class will be led by Roberto Scimonelli.

REGISTRATION BEGINS

RESIDENTS: AUGUST 24

NON-RESIDENT: SEPTEMBER 8

FEE AGES 18-54

RESIDENT: \$120.00

NON RESIDENT: \$170.00

10 WEEKS = 10 CLASSES

FEE AGES 55+

RESIDENT: FREE

NON RESIDENT: \$70.00

10 WEEKS = 10 CLASSES

DROP IN FEE AGES 18-54

RESIDENT: \$15

NON RESIDENT: \$23

DROP IN FEE AGES 55+

RESIDENT: FREE

NON RESIDENT: \$10

*Registration and Classes be held at the Surfside Community Center (9301 Collins Avenue).

Proof of residency is required at the time of registration.

Changes/cancellations are subject to administrative fees.

For more information please call (305) 866 - 3635

Website: www.townofsulsidefl.gov

