

TA'I CHI AT TWU!

Begins Tues., Feb. 1

Time: Tues at 12:15pm

JH Fitness Center

Free to TWU students
and Fit & Rec members

No props or equipment
needed!

All levels
encouraged to
participate



T'ai Chi emphasizes relaxation, calmness, coordination, flexibility, overall strength, and breathing. The perfect practice for those wanting a no-impact way to exercise and decrease stress.

Forrest Rindels, instructor, has studied martial arts for over 35 years.

