

Tai Chi in the Park

Grosse Pointe Shores

The Village of Grosse Pointe Shores will be offering Tai Chi classes at the George Osius Park, 800 Lake Shore Road starting Monday, September 12th for 6 weeks.

Tai Chi is an ancient Chinese tradition that is practiced in modern days as a graceful form of exercise. The series of slow, focused movements with deep breathing promote stress reduction while increasing flexibility and balance.

Classes will be offered:

MONDAY'S @ 10:00 AM

TUESDAY'S @ 6:15 PM

WEDNESDAY'S @ 10:00 AM

Each one hour class runs for six consecutive weeks.

Join us by registering at the Grosse Pointe Shores Administrative Office

795 Lake Shore Road second floor - (313)881-6565

gpshoresmi.gov

\$45.00 for Grosse Pointe Shores Residents

\$50.00 for Non-Residents

