

# Tai-Chi



Thursday Mornings  
9:00 am - 10:30 am



## Exercise your body and mind.

Learn the relaxing and cleansing techniques that have been practiced in the Orient for thousands of years.

Tai Chi Instructor Judith Smallwood will show you the secrets of tai chi, a great low impact workout.

### Fee

**City Residents-\$5.00/Visit**

**\$25 for a 5 Visit Pass or \$50 for a 10 Visit Pass**

**Non-Residents-\$7.50/Visit**

**\$37.50 for a 5 Visit Pass or \$75 for a 10 Visit Pass**

### HOLIDAY PARK

1150 G. Harold Martin Drive  
Fort Lauderdale, FL 33304  
(954) 828-5383

Email: [hpyouthsports@fortlauderdale.gov](mailto:hpyouthsports@fortlauderdale.gov)  
[www.fortlauderdale.gov/parks](http://www.fortlauderdale.gov/parks)

