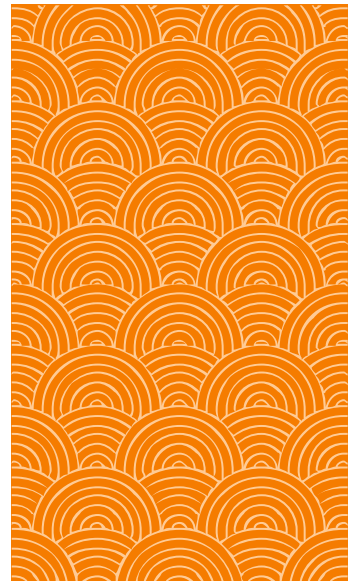




Tai Chi

Improve your flexibility, balance, strength and mental peace using a form of meditation exercise, characterized by methodically slow movements. This class can be done standing or sitting in a chair.

Classes are held Mondays & Fridays
12:00-1:00 PM



Enjoy having
fun while
exercising!

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