

Tai Chi, Qi Gong and Escrima

Cure your curiosity...

Drop in for a free class to see
if it's the class for you!

Tai Chi Made Simple!

Mondays, 1/7-4/22, 8:30-9:30am at the Adult School, class 903900 is \$48

Tai Chi for Beginners

Mondays, 1/7-4/22, 10:00-11:00am at Bayside Martial, class 90310 is \$94

Qi Gong Fitness

Mondays, 1/7-4/22, 9:35-10:35am at the Adult School, class 90500 is \$48

Weds, 1/9-4/24, 9:35-10:35am at the Adult School, class 90503 is \$55

Escrima for Mind and Body (excluded from drop in)

Saturday, 1/26, 10:00-1:00pm at Bayside Martial, class 903800 is \$20

Escrima Self Defense for Women

Thursdays, 1/10-2/14, 6:00-7:00pm at Bayside Martial, class 927900 is \$42

The Art of Walking

Weds, 1/9-4/24, 9:00-10:00am at Bayside Martial, class 90600 is \$55

go to ae.slcsud.org or call **805.549.1222**

for more information or to register.



adult school

SAN LUIS COASTAL UNIFIED SCHOOL DISTRICT