

Town of Windsor Recreation & Lesiure Services Presents:

Hwa Yu Tai Chi

Tuesdays and Thursdays

Ages 18 +

6:00PM - 8:00PM

(860) 798-0628

\$50 Per Month

(860) 285-1990



Tone Muscles

Improve Balance

Strengthen Bones

Develop Deep Muscle Tissues



Windsor Recreation & Leisure Services

TownofWindsorCT.com/Recreation

LP Wilson 599 Matianuck Avenue

860 285 1990