



community
& recreation
services

BADANJIN & TAI CHI WITH MARTIN: 太極運動初級班/八段錦

Learn the techniques of Badanjin and Tai Chi with our volunteer instructor Martin 旋馬田. This class will teach the basic techniques that will promote health, longevity and well being. Class language will be in Chinese & English

IMPROVE BALANCE - 改善平衡 **FALL PREVENTION - 預防跌倒**
STRENGTHEN LEGS - 增強腳部力量

MON – 1-2PM & WED – 9-10AM



ASSEMBLY HALL
Ruggieri Senior Center
33997 Alvarado-Niles Rd
Union City, CA 94587



HAVE QUESTIONS
Please contact us at
510.675.5495 or
RuggieriSeniorCenter@unioncity.org

QUIGONG

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