

TAI CHI GLENDALE



Tai Chi is a Chinese martial art practiced for its health benefits. Though originally conceived as a martial art, this class focuses on gentle and controlled movements that center the mind, body, and spirit. Taught by Master Frank Sasso, 7th Degree Black Belt.



Glendale

5810 W. Beverly Lane, Glendale, AZ 85306

1pm-2pm

1st and 3rd Wednesday of the Month

Please contact the ICRC Integrative Service Department @ 480-314-6660 for additional information.