

Qi Gong

& 3-D Workout™

Sundays, 10:00 a.m.-11:00 a.m.



Fall & Winter Schedule

Series 1: September 10-November 18, 2017

October

29th: 3-D Workout™

November

5th: Qi Gong

12th: Qi Gong

Series 2: November 19, 2017 – January 27, 2018

November

19th: 3-D Workout™

26th: Qi Gong

December

3rd: 3-D Workout™

10th: 3-D Workout™

17th: Qi Gong

24th: tba

31st: tba

January

7th: Qi Gong

14th: Qi Gong

21st: Qi Gong

Qi Gong

Contact Mary: mganzon@hotmail.com, \$18/class series, \$20/class drop-in

3-D Workout™

Contact Elaine: elainebiagiturner@gmail.com, \$15/class series, \$15/class drop-in