

# Qi Gong

Sundays,  
10:00 – 11:00 a.m.



Series 3: January 28 –April 7, 2018

January

28: 3-D Workout

February

4: Qi Gong

11: Qi Gong

18: 3-D Workout

25: Qi Gong

March

4: Qi Gong

11: 3-D Workout

18: Qi Gong

25: 3-D Workout

April

1: TBA

Contact Mary: [mganzon@hotmail.com](mailto:mganzon@hotmail.com)