



Tai Chi Body Healing, Movement and Breathing

Tai Chi classes that focus on internal health (Qi-GONG) and external health (Tai Chi) through practicing balance, coordination and breathing.

Warrior Martial Arts helps our seniors grow stronger **physically, mentally, and emotionally** through structured exercise and training in a positive environment.

PROGRAM TIMES

Ages: 50–and Up

Class Length: 60 minutes

Classes Sessions Available:

Monday's 10AM-11AM and 1PM-2PM

Wednesday's 10AM-11AM and 1PM-2PM

PROGRAM DETAILS

- Confidence & self-esteem
- Focus & self-control
- Fitness, balance & coordination
- Posture, body alignment
- Standing meditation
- Simple weight shifting

WHY CHOOSE WARRIOR MARTIAL ARTS

- Experienced, professional instruction
- Structured curriculum
- Small group classes
- Clear goals & progress

PROGRAM COST

REGULAR PRICE IS \$150.00 PER MONTH (8-One Hour Classes) INCLUDES WMA TEE SHIRT

SENIORS (65+) 10% DISCOUNT

LOCATION

WARRIOR MARTIAL ARTS

460 BOULEVARD, HASBROUCK HEIGHTS, NJ 07604

CONTACT

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