

# THE BOROUGH OF CLAYTON



125 NORTH DELSEA DRIVE, CLAYTON, NEW JERSEY 08312

Fax: (856) 881-0153

Phone: (856) 881-2882

[www.claytonnj.com](http://www.claytonnj.com)

## Tai Chi Exercise Program

(Open to all Clayton Senior Citizens)

Tai Chi is a program that includes agile steps and exercises that help to improve mobility, breathing, and relaxation. The movements are slow and uninterrupted and are designed to provide a continual challenge.

This is a 45 minute program, lasting (11) sessions with a focus on improving balance , as well as increasing strength and flexibility for people of all ages.

**When:** Mondays – September 24, October 1, 15, 22, 29, November 5, 12, 19, 26, and December 3, + 10

**Time:** 11:00AM to 12:00PM

**Where:** Clayton Senior Citizen Center  
1 Garwood Blvd & E. Academy Street, Clayton, NJ 08312

**Cost:** FREE

