

T'ai Chi Ch'uan

Class Schedule

Spring and Summer of 2007

Instructor

Mike Garofalo

Mike Began his Studies in Taijiquan and Qigong in 1986
Yang and Sun Styles of Taijiquan
Personal Fitness Trainer, AFAA Certified
M.S., B.A. Philosophy

Wednesday: 6:30 p.m. – 7:30 p.m.

Saturday: 10:00 a.m. – 11:00 a.m.

[Tehama Family Fitness Center](#)

2498 South Main Street, Red Bluff, CA 96080

530-528-8656

Cost: Free for TFFC Members, \$5.00 for Nonmembers

Friday: 7:00 a.m. – 8:30 a.m.

Sunday: 7:00 a.m. – 8:30 a.m.

[Valley Spirit Center](#)

Outdoor Practice Areas for Taijiquan and Qigong

23005 Kilkenny Lane, Red Bluff, CA 96080

530-200-3546 (Call if Coming)

Cost: No Charge, but Donations Appreciated

Website for More Information:

<http://www.egreenway.com/taichichuan/>