

WHAT: Bagua Zhang Martial Arts Dance

WHEN: Tuesdays (beginning March 5) 6:50-8:20pm

WHERE: Community Room, Uhills Community Center

This class teaches Bagua Zhang, traditional Chinese sequential martial art moves similar to Taichi, and a gentle form of Taichi Zumba that combines traditional Taichi moves with fast-beat Latin music. Suitable for:

- Those who are interested in learning this particular form of Chinese martial art
- People with agile movements or wishing to improve mobility and flexibility

WHAT: Chinese Tradition-inspired Healing Exercises (中国传统养生拉筋班)

WHEN: Thursdays (beginning March 7) 6:50-8:20pm

WHERE: Community Room, Uhills Community Center

This class integrates ancient Chinese qigong practice (such as Baduanjin) into a series of stretching and balancing exercises. Suitable for:

- Those with chronic back pain, shoulder stiffness, knee pain, or other joint problems.
- Those who do not wish to memorize sequences and wish to come to class on a drop-in basis.
- Visiting Chinese grandparents who do not understand English but wish to practice healing exercises

You are welcome to attend both classes.