



TAI CHI

For Health



1 Class \$10
Monthly \$60

Free for SilverSneakers®
and PrimeFitness® members
by Tivity Health

Tuesday and Thursday 10:00 am – 11:00 am

For more information, call (321) 303-9804
or email [Sonya L.Dumas@gmail.com](mailto:Sonya.L.Dumas@gmail.com)

Sonya Dumas is a Board Certified Tai Chi for Health Instructor

Register at the Clermont Arts & Recreation Center
3700 S. Hwy. 27 • Clermont, FL 34711
(352) 394-3500



Online payment & registration now available.
Go to ClermontFL.gov and click on the link for Online Registration