



# Wheeler Historic Farm


## WHEELER FARM OFFERS A NEW CLASS!



**TAI CHI**  
**For Everybody!**  
**Any skill level**  
**Any age!**

**First Class Free!**

FEES:

 **MONTHLY PASS - \$50.00**  
INCLUDES 11 CLASSES PER MONTH  
TUESDAYS AM (4 days)  
THURSDAYS AM (4 days)  
THURSDAYS PM (3 days)

 **\$5.00 PER CLASS**

**BENEFITS OF TAI CHI:**

- \* RELIEVES STRESS
- \* GREAT FORM OF MEDITATION
- \* IMPROVES BLOOD CIRCULATION
- \* IMPROVES MUSCLE TONE
- \* IMPROVES FOCUS
- \* WEIGHT CONTROL
- \* IMPROVES FLEXIBILITY
- \* GREAT FOR DIABETICS, ARTHRITIS, OSTEOPOROSIS, FIBRO MYALGIA, SHINGLES...
- \* CAN IMPROVE ALL CHRONIC ILLNESSES
- \* SELF DEFENSE
- \* COORDINATION
- \* AND THE LIST CAN GO ON.....
- \* FOR ALL BODY TYPES  
THIS MEANS YOU!!!!!!!



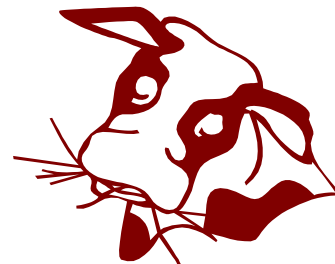
**MONTHLY CLASSES:**  
**START FEBRUARY 5TH!**

**TUESDAYS, 7- 8 AM**  
**THURSDAYS, 7- 8 AM & 6-7 PM**

**PLEASE PRE REGISTER**  
**AT**  
**WHEELER FARM**  
**6351 S 900 E**  
**SLC, UTAH 84121**  
**801-264-2241**

**Michael Wilson,**  
**Chinese Martial Arts**  
**Instructor:**

Tai Chi—Yang, Chen  
Kung Fu, Chi Gung  
Avid Rock Climber  
All around nice guy!



**Register on Reverse Side**