



The Solana Club
Health Fitness Recreation

2902 Sams School Road
Westlake, Texas 76262

Visit us online...

www.SolanaClub.com

TAI CHI

monthly master class

**Wednesdays
6:45-7:45 PM**

**A slow-motion, moving
meditative exercise for
relaxation, health and
self-defense.**

Member \$15/month

Non Member \$40/month

Minimum 9 participants

Please complete a Registration Form and make payment to the front desk. For your convenience, members fee will automatically be drafted on a monthly basis.

For more information please contact us today!
Tina Ballard (817) 674-2323 / tina.ballard@solanacub.com

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