

KITSAP

**TENNIS
& ATHLETIC**

CENTER

*****DAILY LIVESTREAM CLASS*****

Release your tension with the gentle movements of:

Qigong

Two practices in one hour - EVERY
SINGLE DAY - starting @ 9:00AM



2-PART PHYSICAL PRACTICE: (Join at either start-time)

9:00AM-9:15AM— Immune-boosting/warm-up

9:15AM-10:00AM— 'Awaken Vitality' full-body practice



***Qigong w/ A.J. is offered via ZOOM.COM, using meeting ID#113-922-499**