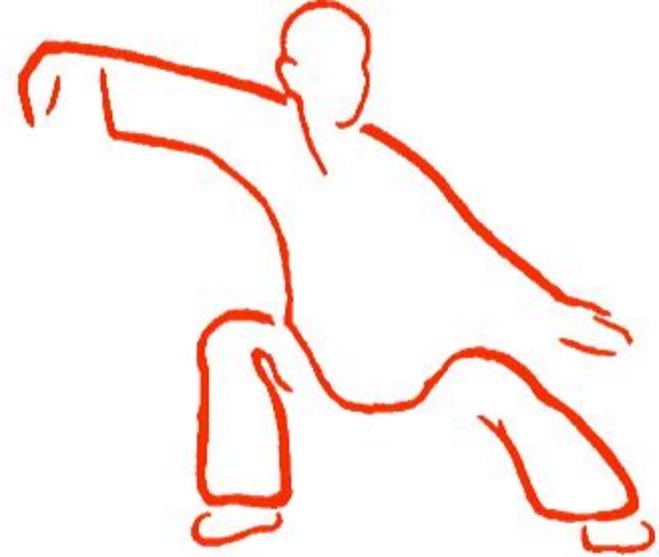


White Crane Gung-Fu

5:30pm—6:30pm Thursdays—Red Room

Both Classes start
May 7th 2015!



Yang Tai-Chi

6:30pm—7:30pm Thursdays—Red Room

For Ages 11+

Allegany Community Center

contact Greg @ 945-8119 ext 3702 for more info

*"The five senses are the awareness to
the potential of life."*

"Breath does not judge; it only offers life."

*"Ingredients for a long life are
Peace, Harmony, Love, Laughter."*



White Crane Gung-Fu

Yang Tai-Chi

Chi-Gung Energy Work

Chi-Accu'a Energy Work

Red Sarber