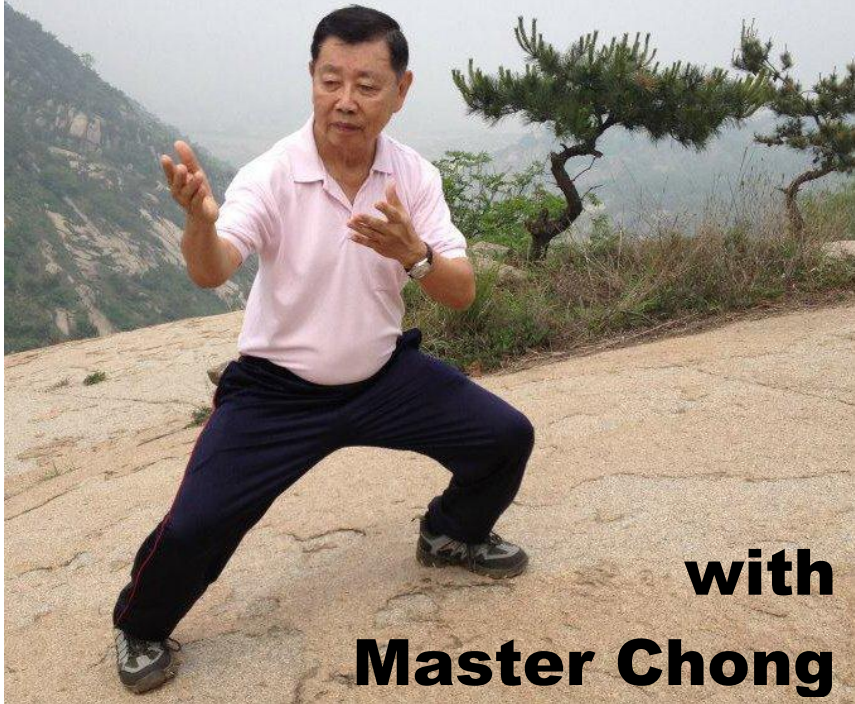


Yang Tai Chi



**with
Master Chong**

Starting: 9 July 2012
Day: Monday
Time: 7.30am / 8.30am
Cost: S\$150 – Member, S\$180 – Non-Member (8 Sessions)
Class Level: Beginner
Location: Chui Huay Lim Club, Level 5 Rooftop Space

For class registration and enquiries please contact James at [9367 6965](tel:93676965).

Email: james@fitnesstwo.com

Online Registration: <http://www.fitnesstwo.com/findaclass/class-registration>

Sifu Chong is one of the most experienced tai chi masters living in Singapore today. He has been teaching since he was 19 when he began helping his father to teach and later took over the classes. He is very strict and traditional, passionate and exacting. He introduces students to tai chi gently at first, as one would expect from the stereotypical image of tai chi, and slowly he works on building up their strength so that they can perform vigorous martial arts drills and movements.