



ADULT TAI CHI

TAUGHT BY SIFU DUG

CORPOLOGO

Sifu Dug Corpolongo has been studying Chinese Martial Arts continuously since 1979 and teaching since 1990. He is known for his ability to explain the complex concepts of Chinese Martial Arts and Chinese Medicine in a way that is accessible to everyone.

JOIN US AT THESE COMMUNITY CENTERS

**Jeanne Bellamah
Community Center**

Mondays and
Wednesdays at
8:00 am

**Holiday Park
Community Center**

Mondays and
Wednesdays at
12:30 pm, and 6:30 pm

**Taylor Ranch
Community Center**

Fridays at 8:00 am

Beginning the week of **JULY 18**

**ONE
ALBUQUE
RQUE** family &
community
services

**Classes are free to Community Center Members
Visit PLAY.CABQ.GOV for more information**