



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

IMPROVE BALANCE, MOBILITY AND FLEXIBILITY

TAI CHI AT THE Y 8-Week Sessions IRONWORKS BRANCH

Tai Chi is a centuries-old Chinese martial art that descends from qigong, an ancient Chinese discipline that has its roots in traditional Chinese medicine. Tai Chi involves a series of movements performed in a slow, focused manner and

accompanied by deep breathing. This class has both physical and mental benefits. If done regularly, it improves muscle tone, flexibility, balance, and coordination. Many older people find that it boosts their energy, stamina, agility, sharpens their reflexes, and gives an overall sense of well-being.

Nancy Mayhew, certified Tai Chi instructor will lead you through one our 8-week sessions.

Registration is required! Sign up today through our Stateline Family YMCA app, online or at the front desk. Any questions, please contact Ashley Hoverson at ahoverson@statelineymca.org.



Wednesday Session
April 16th—June 6th
6:30-7:30 PM
Members: \$12

This class is limited to 15 people and will be held in the Multi-Purpose room.

Friday Session
April 20th—June 8th
10:30 AM—11:30 AM
Members: \$12

This class is limited to 20 people and will be held in the K.F. Multi-Purpose room.