



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

PREVENT FALLS INCREASE BALANCE REDUCE STRESS

TAI CHI FOR ARTHRITIS & FALL PREVENTION 8-Week Sessions: Beginner & Intermediate 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.

Beginner Tai-Chi

June 15th—August 3rd

Fridays 10:30—11:15 AM

Members: \$15

This class will be held in the Multi-Purpose Room at Ironworks.

Intermediate Tai-Chi

June 15th—August 3rd

Fridays 9:30—10:30 AM

Members: \$20

This class will be held in the Multi-Purpose Room at Ironworks.