



FALL PREVENTION & BETTER BALANCE

TAI CHI CLASS

FOR ARTHRITIS & FALL PREVENTION

CLASSES BEGIN
APRIL 1ST

8-WEEK SESSIONS

BEGINNER CLASS

DATES: APRIL 1ST – MAY 20TH
DAYS: FRIDAYS AT 9:30-10:30AM
MEMBERS: \$20 per session
COMMUNITY: \$50 per session

INTERMEDIATE CLASS*

DATES: APRIL 1ST – MAY 20TH
DAYS: FRIDAYS AT 10:30-11:30AM
MEMBERS: \$20 per session
COMMUNITY: \$50 per session
*PRE-REQ IS BEGINNERS TAI CHI

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.

REGISTRATION REQUIRED

Learn more & register at statelineymca.org/taichi

CLASSES HELD IN THE
MULTI-PURPOSE ROOM

ANY QUESTIONS, CONTACT CORTNEE MCREYNOLDS @cmcreynolds@statelineymca.org