

Tai Chi Fundamentals

Learn a basic Tai Chi form as well as a number of techniques designed to energize the body, reduce and manage stress and improve balance and flexibility. Regular practice of this system of gentle movements can facilitate harmonious energy flow throughout the body enhancing your physical and emotional well-being. This class will be held virtually only

Instructor: Francesca Segal

Fee: \$60LM/ \$80NM

Class#	Dates	Days	Time	Type
533355B1	Nov 1- Dec 13	M	9-10am	Virtual

Tai Chi Chi Gong- Weather Warriors- NEW

We will practice chi gong for flexibility, health and well-being. Becoming quiet and being open to the changing nature of spring will be the focus. This will be held in the Courtyard Garden at the Levy Center rain, snow or shine. Inside space will be available if weather is too extreme. Masks required.

Instructor: Evelyn Thompson

Fee: \$60LM/ \$80NM

Class#	Dates	Day	Time	Type
534363B1	Nov 1- Dec 20	M	9-9:45am	In-Person

Tai Chi for Arthritis & Fall Prevention

Experience the benefits of Tai Chi in a program specifically developed for people with arthritis and other musculoskeletal conditions. The gentle slow movements, upright stance and powerful healing qi gong exercises will help you increase mobility, improve balance, strengthen muscles and release tension in the body without overstressing the joints. This class will be held in-person and virtually.

Instructor: Carolyn Martinez, Arthritis Foundation certified Instructor

Fee: \$60 LM/ \$80 NM

Beginner

Class#	Dates	Days	Time	Type
534301B1	Nov 2- Dec 21	Tu	12:15-1:15pm	In-Person/Virtual

Advanced Beginner

Class#	Dates	Days	Time	Type
534361B1	Nov 3- Dec 22	W	1:15-2:15pm	In-Person/Virtual

Intermediate Level

Class#	Dates	Days	Time	Type
534325B1	Nov 3- Dec 22	W	2:30-3:30pm	In-Person/Virtual

Qi Gong for Seniors

Create a healthier connection between your spirit, mind and body! This class teaches you a relaxing and gentle exercise that increases your flexibility, coordination, balance and circulation. People of all physical abilities will benefit. This class will be held virtually only. No class on Nov 25

Instructor: Francesca Segal

Fee: \$60LM/ \$80NM

Class#	Dates	Days	Time	Type
534328B1	Oct 28-Dec 16	Th	1-2pm	Virtual

Tai Chi Chi Gong

Tai Chi is a relaxing, gentle, flowing exercise coordinating movement, breath and mind. Tai Chi benefits people of all physical abilities. You'll increase your flexibility, coordination, balance and circulation. No registration allowed after week 2. This class will be held in-person and virtually. No class on Nov 26

Instructor: Evelyn Thompson

Fee: \$60LM/ \$80NM

Class#	Dates	Day	Time	Type
534329A1	Oct 29-Dec 17	F	9-10am	In-person/Virtual