

**NEW CLASSES**

# tai chi

## FOR BALANCE

**We have added 2 more classes each week!**

**Mondays & Wednesday** 10:30-11:30 a.m. (video instruction)

**Tuesday & Thursdays** 12:30-1:30 p.m. (Live Instruction)

**HOW MUCH:** **FREE** for Senior Center Members  
(Membership Fee is \$5/year) \$5 for non-members

**WHY:** Tai Chi is a low-impact, relaxing form of exercise; proven to improve balance, mental capacity, calmness, and more!

Classes held at the Lehi Senior Center



**Questions? Visit the Senior Center or call 385-201-1065**