

tai chi

FOR BALANCE



Weekly Schedule

Monday Morning: Tai Chi Video Instruction 10:30-11:30 a.m.

(Focuses on movements, elements and instruction to help with balance and strength. New and returning students welcome!)

Monday Afternoon: Tai Chi for Arthritis 12:30-1:00 p.m. (Live Instructor- *Focuses on movements, elements and instruction to help with balance and strength. New and returning students welcome!*)

Tuesdays: Tai Chi Fundamentals 12:30-1:30 p.m. (Live Instructor- *Includes lots of instruction, history of Tai Chi, detailed instruction on elements, movements and posture. Perfect for new Students.*)

Wednesdays: Meditation or Video 10:30-11:30 a.m.

Thursdays: Tai Chi Practice 12:30-1:30 p.m. (Live Instructor- *Includes minimal vocal instruction and focuses on practicing the movements.*)

HOW MUCH: FREE for Senior Center Members / \$5 for non-

members. **WHY:** Tai Chi is a low-impact, relaxing form of exercise; proven to improve balance, mental capacity,

calmness, and more! **WHERE:** The Lehi Senior Center.

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