

# tai chi

## FOR BALANCE

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### 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!)

**Wednesdays: 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!)*

**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