



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

TAI CHI

FOR ADULT BEGINNERS

An internal martial art practice for health benefits and meditation. Come flow with the Yang style form and enjoy stress relief, improved balance, mental awareness, relaxation, and improved breathing in this low impact program.

Ages

Adults | 18+ years

Summer Dates

Mondays | 6:15–7:15 pm

Summer I | 6/8–7/20 | \$56 Member | \$112 Community

Summer II | 7/27–8/31 | \$48 Member | \$96 Community

Register

In person: Front Desk | Call: 262.248.6211

Online: GenevaLakesYMCA.org | Mobile APP

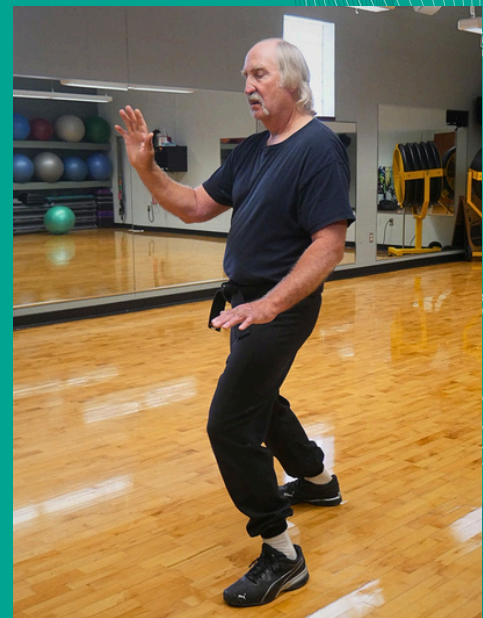
Questions

Contact Gene Johnson, Sports Operations Director

262.248.6211 x30 | gene.johnson@glymca.org

Instructor

Jeff Hansen, Yang style Tai Chi



ENJOY SOME HEALTH BENEFITS THROUGH THE ART OF TAI CHI