



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

Fall Dates

Mondays | 6:15–7:15 pm

Fall I: September 14 – October 19

Fall II: October 26 – December 14

Pricing

Fall I: \$54 Member | \$108 Community

Fall II: \$72 Member | \$144 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