



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, Day & Time

Mondays | 6:15–7:15 pm

Spring I: 3/16–4/13

Member: \$40 | Community \$80

Spring II: 4/20–6/1 (No class 5/25)

Member: \$48 | Community \$96

Register

In person: Front Desk | Call: 262.248.6211

Online: GenevaLakesYMCA.org | Mobile APP

Questions

Contact Mike Coolidge, Sports Operations Director
262.248.6211 x30 | mike.coolidge@glymca.org

Instructor

Jeff Hansen, Yang style Tai Chi



ENJOY SOME HEALTH BENEFITS THROUGH THE ART OF TAI CHI