



Tai Chi

Fundamentals

Tai chi combines relaxed, fluid movement with a calm, alert mental state. Benefits of tai chi include increased endurance, strength, flexibility, balance, and coordination.

This class is suitable for beginners. Registration is required. Sign up at the Reference Desk.

Mondays at 9:30

June 4, 11, 18

July 2, 9, 30

August 13, 20, 27