



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

BRING BALANCE TO YOUR LIFE

TAI CHI



Tai Chi is practiced by over 180 million people each day!

Created as an internal or 'soft' martial art, it is being promoted worldwide as a wonderful health benefit, especially for those who face problems with balance, reduced range of motion, or have loss of flexibility & strength. It is practiced with relaxed muscle, and is both graceful & comforting.

Known for improving coordination, Tai Chi reduces stress & tension & may lower blood pressure. Because of its many health benefits, Tai Chi comes highly recommended by the medical community.

Tai Chi has been proven to reduce incidences of falls in seniors by over 50%!

Beginning/Intermediate Tai Chi: 11:30-12:30 Tuesdays

Beginning/Intermediate Tai Chi: 11:30- 12:30 Thursday

Tai Chi Bamboo exercise class: 10:00-11:00 Saturdays

Beginning/Basic Level Tai Chi: 11:30-12:30 Saturdays



Come join us. New students admitted each week.

FREE to Y Members! No special clothing required



Grants Pass Family YMCA

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