

# FREE VIRTUAL FITNESS PROGRAMS



## Tai Chi for Beginners

Learn warm-up, cool-down, and 12 movements to assist with **arthritis, concentration, balance & stress**. Movements can be completed seated or standing. Classes are for adults of all fitness levels!

**This 8-part series will be held in February and repeated in March.**

**February 2, 4, 9, 11, 16, 18, 23, 25**

**(select one time)**

3:00pm-4:00pm

4:30pm-5:30 pm

6:00pm-7:00pm

**OR**

**March 2, 4, 9, 11, 16, 18, 23, 25**

**(select one time)**

3:00pm-4:00pm

4:30pm-5:30 pm

6:00pm-7:00pm



**Register soon- space is limited. Register on our website at [Hamilton.Tennessee.edu](https://Hamilton.Tennessee.edu).**

**Participants receive a Zoom link by email before the first class.**