



**CITY OF REDLANDS
SENIOR SERVICES**

Redlands Senior Center | 111 W. Lugonia Ave.

TAI CHI CLASSES

FREE CLASSES | AGES 18+

Tai Chi (Yang 24 Form)

Tuesdays 10:15am - 11:15am

Tai Chi is a non-competitive, self paced system of gentle physical exercise, deep breathing, and stretching. Each pose flows to the next without pause, ensuring that your body is in constant motion. Calm the mind while improving your balance, flexibility, and quality of life. Wear loose and comfortable clothing.

10-Week Class

Beginning Tai Chi

Jan. 4th - Mar. 7

Thursdays 10:00am - 11:00am

Join us for this beginning Tai Chi, 10 week class, which is a great way to stay active and healthy. This low impact aerobic class is designed to improve balance, calm the mind, and improve flexibility.

Registration Required.
Call (909) 798-7579



For more information, contact the Redlands Senior Center at (909) 798-7579. The Redlands Senior Center is located at 111 W. Lugonia Ave. City of Redlands. Additional information is available on the City's Facebook page at www.facebook.com/RedlandsSeniorServices/ or on the city's website www.cityofredlands.org/seniors.

