

Tai Chi For Seniors



**Mondays
and
Wednesdays
8:00-8:45 am**

Included with a
fitness rider or punch
cards are available.

Tai Chi May Help:

- Relieve Stress
- Improve Balance
- Increase Energy & Vitality
- Heighten Focus and Awareness
- Lower Blood Pressure
- Improve Circulation
- Strengthen the Body
- Increase Mobility



***No Experience
Necessary!***

Terrill has over 25 years of experience helping practitioners utilize Tai Chi to address such physical ailments such as Arthritis, Muscular Sclerosis, Muscular Dystrophy, Parkinson's Disease, Asthma and Chronic Pain.