

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!

Please sign up for our virtual 8-part series at one of the times below.

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

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