



Beginner Tai Chi Class



Join us for a fun, 4-week fitness program to build strength & balance.

Learn warm-up, cool down & basic movements taught by certified instructors.

Evidence-based to reduce arthritis symptoms & prevent falls.

Designed for seniors but everyone benefits from this form of relaxing exercise.

Choose ONE class. **Must commit to attend ALL 8 sessions** except for illness/Doctor appt!

If these dates don't fit your schedule, leave your contact info at <https://hamilton.tennessee.edu/senior-fitness-classes/>

Location	2025 Dates	Day/Time
Washington Hills Community Center 4628 Oakwood Dr. (just off Jersey Pike/ Hwy 58)	April 29, May 1, 6, 8, 13, 15, 20, 22	Tuesday & Thursday 1:00-2:00 pm
TN Riverwalk Amnicola Marsh North Entrance (just off Amnicola Hwy- close to 2829 Amnicola Hwy Held outdoors under cover	April 29, May 1, 6, 8, 13, 15, 20, 22	Tuesday & Thursday 10:00-11:00 am
Greenway Farms Conference Center 4960 Gann Store Rd, Hixson	June 2, 6, 9, 13, 16, 20, 23, 27	Mondays & Fridays 10:00-11:00 am

Coming Fall 2025 at Chris Ramsey Center & other locations. Check Hamilton.Tennessee.edu as classes are added.

Choose your registration method:

- Scan QR code with smart phone & complete form.
- Type or copy this link in your browser: <https://forms.office.com/r/HP93rLA2ZF>
- Call UT Extension at 423-209-8560 M-F 8:00-4:30

Have your emergency contact & their phone number handy.



Class size is limited. Do not register if you cannot attend all 8 sessions.

- Notify us at 423-209-8560 immediately if you must unregister.
- Exercises are comparable to moderate walking. Benefits all fitness levels.
- Check with your health care provider for any medical concerns.
- Wear sturdy shoes (such as tennis shoes) & comfortable clothing.
- Facemasks are welcome. Do not attend if you are ill.

Real. Life. Solutions.

