



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
Greenway Farms Conference Center 4960 Gann Store Rd, Hixson	October 6, 8, 13, 15, 20, 22, 27, 29	Mondays & Wednesdays 10:00-11:00 am
TN Riverwalk Amnicola Marsh North Entrance Outside under cover near Weigel's (3107 Amnicola Hwy) Entrance is hard to see - it's on downtown side of Weigel's	October 7, 9, 14, 16, 21, 23, 28, 30	Tuesdays & Thursdays 1:00-2:00pm
Harrison Community Center Former Harrison Elementary 5637 Highway 58	October 20, 22, 27, 29 November 3, 5, 10, 12	Mondays & Wednesdays 1:00-2:00 pm

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.



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