



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

Location	2026 Dates	Day/Time
Chris Ramsey Community Center 1010 N. Moore- next to Brainerd High School	January 6, 8, 13, 15, 20, 22, 27, 29	Tuesdays & Thursdays 11:30-12:30 pm
Greenway Farms Conference Center 4960 Gann Store Rd, Hixson	February 3, 5, 10, 12, 17, 19, 24, 26	Tuesdays & Thursdays 10:30-11:30 am
Shepherd Community Center 2124 Shepherd Road- just off Hwy 153 across from Coke plant	February 3, 5, 10, 12, 17, 19, 24, 26	Tuesdays & Thursdays 1:00-2:00 pm

Choose your registration method:

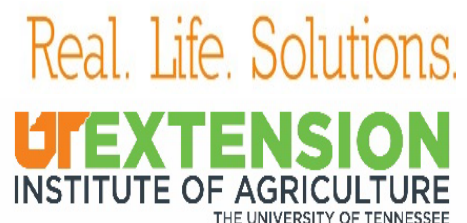
- Scan QR code with smart phone & complete form.
- Type or copy this link in your browser: tiny.utk.edu/TC2026
- Call UT Extension at 423-209-8560 M-F 8:00-4:30

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.



The University of Tennessee is an equal opportunity provider.

www.Hamilton.Tennessee.Edu