



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.

Tai Chi for Fall Prevention/Arthritis is designed for seniors but everyone benefits from this 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
Carver Community Center 600 N Orchard Knob Ave.	March 3, 5, 10, 12, 17, 19, 24, 31	Tuesdays & Thursdays 1:00-2:00 PM
Harrison Center- former Harrison Elementary 5637 Highway 58	March 17, 19, 24, 26, 31, April 2, 7, 9	Tuesdays & Thursdays 10:00-11:00 AM
TN Riverwalk Amnicola Marsh North Entrance Held outside under cover-turn immediately past Weigel's (3107 Amnicola Hwy) if driving toward downtown	April 27, 29, May 4, 6, 11, 13, 18, 20	Monday & Wednesdays- 1:30-2:30 PM
TN Riverwalk Amnicola Marsh North Entrance Held outside under cover-turn immediately past Weigel's (3107 Amnicola Hwy) if driving toward downtown	May 5, 7, 12, 14, 19, 21, 26, 28	Tuesdays & Thursdays 6:00-7:00 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.



Real. Life. Solutions.



The University of Tennessee is an equal opportunity provider.

www.Hamilton.Tennessee.Edu