



# 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/>  
Please participate in only one class per year to give others an opportunity for this very popular class.

Location	2026 Dates	Day/Time
East Lake Community Center- 3601 Dodds Ave.	July 6, 8, 13, 15, 20, 22, 27, 29	Mondays & Wednesdays 1:00-2:00
Chris Ramsey Community Center 1010 N Moore Rd	Sept. 9, 11, 16, 18, 23, 25, 30, Oct. 2	Wednesdays & Fridays 2:00-3:00

**Choose your registration method:**

- Scan QR code with smart phone & complete form.
- Type or copy this link in your browser: [tiny.utk.edu/TC2026](https://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.



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