



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!

Location	2025 Dates	Day/Time
Harrison Community Center Cafeteria Former Harrison Elementary 5637 Highway 58	February 4, 6, 11, 13, 18, 20, 25, 27	Tuesday & Thursday 10:30-11:30 am
Shepherd Community Center 2124 Shepherd Road Just off Highway 153 near airport	February 4, 6, 11, 13, 18, 20, 25, 27	Tuesday & Thursday 1:00-2:00 pm
John A. Patten Community Center 3202 Kellys Ferry Road	March 3, 5, 10, 12, 17, 19, 24, 26	Monday & Wednesday 10:30-11:30 am
South Chattanooga Community Center 1151 West 40 th Street	March 11, 13, 18, 20, 25, 27, April 1, 3	Tuesday & Thursday 10:30-11:30 am

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.



The University of Tennessee is an equal opportunity provider.