



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY



## **TAI JI QUAN (TAI CHI): MOVING FOR BETTER BALANCE**

*Tai Chi: Moving for Better Balance* is an evidence-based exercise program that has been proven to improve strength, balance, mobility and prevent falls in older adults and individuals with balance disorders. Participants learn balance skills and good body alignment by using coordinated and flowing movements under the direction of a trained and certified instructor, Judd Robbins.

# **Mondays 1:30p–2:30p**

This class is included free with your membership and is held in the Wellness Studio.