ADVANCED CLASS

TAI CHI FOR ARTHRITIS

Feel Better

Reduce Pain and Stiffness

Reduce Stress and Depression

Improve Circulation, Heart and Lung Function

Improve Muscle Strength and Stamina

Improve Concentration and Memory

Improve Posture

Increase Body Awarness

Class begins on Monday, March 20, 2016 to May 8, 2017 for 8 weeks.

Location: Rifle Senior Center
50 Ute Ave

Time: 10:00 am to 11:00 am

Fee: $10.00 for the class if you completed 5 out of the 8 classes you will get your money back.

Call Debby at 945-9191 ext. 3084 to sign up for the class. Space is limited.

Classes taught by Sharon Pennington