



Evening Tai Chi

Clermont Arts & Recreation Center

Thursdays from 6:15pm – 7:15pm

\$8 per class | \$35 for 5 classes | \$60 for 10 classes

*Sign-up at ARC office... Classes held indoors, in Rehearsal Room.
Enter on the North side of the building by the Boys & Girls club.*

What is Tai Chi?

Tai Chi is a Chinese traditional internal martial art, and is composed of a series of gentle physical movements. By focusing on gentle movements, you will naturally and gradually develop deep breathing.



Benefits:

- Reduce stress and anxiety
- Improve balance and coordination Improve sleep quality
- Slow bone loss in women after menopause
- Lower blood pressure
- Improve cardiovascular fitness and immune system function
- Relieve chronic pain
- Improve everyday physical functioning

Is Tai Chi for me?

Tai Chi is generally safe for people of all ages and levels of fitness. Older adults may especially find Tai Chi appealing because the movements are low impact and put minimal stress on muscles and joints.