

# Tai Chi Class

Class will start with 10 minutes of light stretching and posture correction techniques. The instructor will be teaching a simplified version of the popular 24 form Yang style Tai Chi. When everyone gets it we will move on to the 24 form.

Yang 24 is said to be the most popular Tai Chi form “worldwide”.

## Benefits of 24 Form:

- ⇒ **strengthening muscles, tendons, and joints**
- ⇒ **blood and energy circulation**
- ⇒ **improved immune system**
  - ⇒ **balanced**
  - ⇒ **coordination**
  - ⇒ **concentration**
  - ⇒ **alertness,**
  - ⇒ **cognitive abilities**

**When: Tuesdays, March 4, 11, 18, 25 & April 1, 8, 15, 29**

**There is no class on April 22 due to gym floor being refinished.**

**Time: 1:00-2:00 PM**

**Fee: \$40.00**

**Where: Recreation Center, 66 Cahill Cross Road gym 3**

## TO REGISTER

Go online to [www.westmilford.org](http://www.westmilford.org). Click on Community Services & Recreation, then “REGISTER HERE FOR PROGRAMS”. Once you are in Community Pass look for “2025 SENIOR PROGRAMS”.