

Y MARTIAL ARTS

We build strong kids, strong families, strong communities.

Tai-Chi

Session 1: February 9-March 1

Session 2: March 8-29

Register Now!

Tai Chi (pronounced "tie chee") (All Levels) is a mind-body practice that originated in China as a martial art. A person doing tai chi moves his body slowly and gently, while breathing deeply. Research has shown that Tai-Chi may reduce blood pressure, help regulate blood sugar, decrease and help manage stress, improve overall well-being, and improve balance. This is a slow moving internal martial art that depends on quiet, mind-guided movement, not on strength.

Class Times: Thursdays 12:00-1:00 pm

Location: Downtown Branch Room A

Instructor: Richard Mayo (teaching at the YMCA for over 30 years)

Monthly Session Fee: Member \$15 • Non-Member \$25

Minimum 6 participants.

This class is for adults only.

Tai chi...

- is a weight-bearing exercise that can have certain health benefits—for example, to the bones
- is an aerobic exercise
- can improve physical condition, muscle strength, coordination and flexibility
- can help better balance and lower risk for falls
- can help ease pain and stiffness—for example, from arthritis
- can help improve sleep
- can improve overall wellness

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For additional information, contact Jessie Cutsinger at 754-9622 ext. 113.

Refunds/Cancellations: Refund or credit issued only if YMCA cancels program.



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