

Tai Chi Qi Gong

FREE CLASSES



STARTING ON JUNE 3 2025

TUESDAY TAI CHI 11:15 AM

SEATED PARTICIPANTS WELCOME

@ THE CALAVERAS SENIOR CENTER

956 Mountain Ranch Road, San Andreas, CA 95249

**CLASS SIZE IS LIMITED PLEASE CALL OR TEXT EVELYNE AT 510-847-7216 TO
RESERVE A SPOT**

These low-impact forms of exercise are highly accessible and enjoyable for people of all ages and abilities, including seated participants. Gentle-flowing movement builds muscle, core strength, stamina, flexibility, range of motion, improved balance, and coordination. Expect to enjoy a renewed sense of vigor, energy, and an overall feeling of well-being.