

Tai Chi

Tai Chi is a type of martial art very well known for its defense techniques and health benefits. The martial art has evolved over the years into an effective means of alleviating stress and anxiety. It has been considered to be a form of 'meditation in motion' which promotes serenity and inner peace.

The Chillicothe Fitness & Racquet Club is pleased to announce a new Tai Chi class that will be offered free to our members and the public.

Classes will begin on March 3, 2016 at 5 p.m.

Classes will be held every Thursday @ 5 p.m. in the Yoga room.



The class is one hour long and is open to individuals of all ages and fitness levels. Participants will learn Eight-Form Tai Chi which is a sequence of slow, low-impact movements that flow smoothly from one to another and are designed to:

- ✓•Improve functional ability (balance and physical function)
- ✓•Enhance social and mental well-being
- ✓•Improve confidence in conducting daily activities
- ✓•Reduce fall-related risks and injuries
- ✓•Maintain independence and improved quality of life.

You can join the class at any time and come as often as you like. Participants should wear comfortable clothing and flat shoes.

The course instructor is Pam Nichols, a certified Tai Chi instructor through the Tao Academy of Kansas City.