

Tai Chi for Well-Being Class Schedule

Winter 2018

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	SATURDAY
Mornings	Tai Chi at LifeTime Fitness, WBL. Dates: every Monday except holidays. Time: 8:15 - 9:15 a.m. Open to all LTF members and guests. Join any time.			Tai Chi at LifeTime Fitness, WBL. Dates: beginning 1/4, every Thursday except holidays. Time: 10:45 - 11:45 a.m. Open to all LTF members and guests. Join any time.	Tai Chi at White Bear Lake Community Ed. Dates: first session 1/6 - 2/10, second session 3/31 - 5/19. Time: 8:30 - 9:30 a.m. Register through WBL Community Ed.
Afternoons / Evenings	Tai Chi at Mindful Motion Tai Chi Academy, S. Mpls. Dates: every Monday except holidays. Time: 12:30 - 1:30 p.m. Open to all, join any time.		Tai Chi at Mindful Motion Tai Chi Academy, S. Mpls. Dates: every Wednesday except holidays. Time: 12:30 - 2:00 p.m. Open to all, join any time.		
		Tai Chi at Blue Sky Therapeutic Yoga, Stillwater. Dates: 1/2 - 2/13. Time: 5:00 - 6:00 p.m. (beginners and experienced). Register through Blue Sky Therapeutic Yoga.	Tai Chi at Stillwater Community Ed. Dates: first session 1/10 - 2/14, second session 3/28 - 5/16. Time: 5:45 - 6:45 p.m. Register through Stillwater Community Ed.		

If you are unable to register for a class because it has filled, please contact me at TCWell-Being@comcast.net.

Private and semi-private sessions are available. Please contact me for more information.