



**Bend Senior Center  
Winter Spring 2010  
Tai Chi**

**T'ai Chi for Older Populations**

Adult 50+

**January 4-May 24**

**M/W 2:30-3:30pm**

This gentle class uses slow, circular movements to exercise all the muscles of the body and improve range of motion of the joints. T'ai Chi relies not on external physical strength, but rather internal awareness to generate a feeling of overall health and vitality. Class format is specially designed to meet the needs of students with joint considerations. Fitness passes or drop in fee. Instructor: David Zimmerman



**Bend Senior Center  
Winter Spring 2010  
Tai Chi**

**24-Movement T'ai Chi**

Adult 18+

**#102059.1M Jan 25-Mar 8**

**(no class Feb 1, Feb 15)**

**M 5:15-6:15pm**

**#102059.2M March 15-April 12**

**M 5:15-6:15pm**

**#102059.1R January 21-March 4**

**(no class Jan 28, Feb 25 )**

**Th 11:30am-12:30pm**

**#102059.2R March 11-April 15**

**(no class Apr 1)**

**Th 11:30am-12:30pm**

For those wishing to further their practice of T'ai Chi, we will learn a portion of the 24 Movement Yang Style T'ai Chi. These flowing movements build on the movements we do in the "Older Populations" class. Anyone over 18 is welcome; you may find it easier with some introduction to T'ai Chi. Improve your balance, quality of movement, health, vitality and well-being. Registration deadline 3 days prior to class. Instructor: Dave Zimmerman

Fee: \$31 ID \$42 OD