

## SCHEDULE OF VERDE VALLEY TAI CHI CLASSES

### MONDAYS

**Tai Chi for Arthritis Beginning Entry Level & Extended 6** | Sept. 16 - (End Date TBD) | Time: 9:00 - 10:00 AM  
Location: Community Library Sedona, 3250 White Bear Rd., Sedona

### TUESDAYS

**Tai Chi for Arthritis 2** | Date: - Ongoing | Time: 10:00 - 11:00 AM  
Location: Lampliter Village Clubhouse | 112A, Lampliter Village, Clarkdale (Open to the Public)  
(Must have completed Tai Chi Beginning Entry Level & Extended 6)

**Tai Chi for Arthritis Beginning Entry Level** | Date: Ongoing | Time: 11:00 AM-12:00 PM  
Location: Lampliter Village Clubhouse | 112A, Lampliter Village, Clarkdale (Open to the Public)

**Seated Tai Chi** | Date: Mar. 25 - Ongoing until Dec. 30 | Time: 1:00 - 2:00 PM  
Location: Cottonwood Public Library, 100 S 6th St., Cottonwood

**Yang Style Tai Chi** | Date: Jan. 6, 2026 - TBD | Time: 1:00 - 2:00 PM  
Location: Cottonwood Public Library, 100 S. 6<sup>th</sup> St., Cottonwood

### WEDNESDAYS

**Seated Tai Chi** | Date: Ongoing | Time: 11:15 - 12:15 PM **NOTE: Class Canceled Dec. 24 & Dec. 31**  
Location: Cottonwood Public Library, 100 S 6<sup>th</sup> St., Cottonwood

**Tai Chi for Arthritis Beginning Entry Level & Extended 6** | Date: Jan. 14 - April 29 | Time: 1:30 - 2:30 PM  
Location: 130 Black Bridge Loop Road

### THURSDAYS

**Tai Chi for Arthritis Beginning Entry Level & Extended 6** | Date: Ongoing | Time: 1:00 - 2:00 PM  
Location: Sedona Public Library VOC, 25 W Saddlehorn Rd., Village of Oak Creek

### SATURDAYS

**Tai Chi for Arthritis Beginning Entry Level & Extended 6** | Date: Ongoing | Time: 10:00 AM-11:00 AM  
**Tai Chi for Arthritis 2** | Date: Ongoing | Time: 11:15AM - 12:15 PM  
Location: Clark Memorial Library, North 9th Street, Clarkdale

**\*\*\*Please wear loose, comfortable clothing and flat supportive shoes.\*\*\***

All classes are free. Classes are held once a week for 8 - 12 weeks and may be extended. You can register at the class, however, some classes fill up early as space may be limited. To register for a class, email us at [verdevalleytaichi@gmail.com](mailto:verdevalleytaichi@gmail.com) or contact us via the website at [www.verdevalleytaichi.com](http://www.verdevalleytaichi.com).

Edited: 12/22/25