



SCHEDULE OF VERDE VALLEY TAI CHI CLASSES

TUESDAYS

Tai Chi for Arthritis 2 | Date: Jan. 14 - 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)

Seated Tai Chi | Date: Mar. 25 - Ongoing | Time: 1:00 - 2:00 PM

Location: Cottonwood Public Library, 100 S 6th St., Cottonwood

Tai Chi for Arthritis Beginning Entry Level & Extended 6 | Date: Ongoing | Time: 2:30 - 3:30 PM

Location: Pine Shadows Clubhouse, 2050 W. SR 89A, Cottonwood (Open to the Public)

WEDNESDAYS

Tai Chi for Arthritis Beginning Entry Level | Date: Jan. 8 - May 28 | Time: 2:00 – 3:00 PM

Location: Camp Verde Community Library, 130 Black Bridge Rd., Camp Verde

THURSDAYS

Tai Chi for Arthritis Beginning Entry Level & Extended 6 | Date: Jan. 9 - May 29 | 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: 10:30 - 11:30 AM

Location: Clark Memorial Library, North 9th Street, Clarkdale

*****Please wear loose, comfortable clothing and flatsupportive 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 or contact us via the website at www.verdevalleytaichi.com.