

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 Beginning Entry Level & Extended 6 | Date: Sept. 16 - Ongoing | Time: 9:00 - 10:00 AM
Location: Riverfront Park, 1284 E. Riverfront Road, Cottonwood

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 | Time: 1:00 - 2:00 PM
Location: Cottonwood Public Library, 100 S 6th St., Cottonwood

WEDNESDAYS

Seated Tai Chi | Date: Ongoing | Time: 11:15 - 12:15 PM
Location: Cottonwood Public Library, 100 S 6th St., Cottonwood

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 - 11:00 AM
Location: Clark Memorial Library, North 9th Street, Clarkdale

Tai Chi for Arthritis - Part 2, Advanced | Date: Ongoing | Time: 11:15 AM - 12:15 PM
Location: Clark Memorial Library, North 9th Street, Clarkdale (Must have completed Entry Level class)

*****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 or contact us via the website at www.verdevalleytaichi.com.

Edited: 9/26/25