SCHEDULE OF VERDE VALLEY TAI CHI CLASSES

MONDAYS

Tai Chi for Arthritis Beginning Entry Level & Extended 6 | Nov. 1 - Ongoing | Time: 8:30 - 9:30 AM
Location: Sedona Community Center, 2615 Melody Lane, Sedona | $5.00 fee per class

Tai Chi for Arthritis Beginning Entry Level & Extended 6 | Ongoing| Time: 9:00 - 10:00 AM
Location: Community Library Sedona, 3250 White Bear Rd., Sedona | FREE

TUESDAYS

Tai Chi for Arthritis 2 & Sun Style 73| 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) | FREE

Tai Chi for Arthritis Beginning Entry Level| Date: Ongoing | Time: 11:15 AM-12:00 PM
Location: Lampliter Village Clubhouse | 112A, Lampliter Village, Clarkdale (Open to the Public)| FREE

Yang Style Tai Chi | Date: Ongoing| Time: 1:00 - 2:00 PM
Location: Pine Shadows Clubhouse, 2050 W. State Route 89A, Clarkdale, (Open to the Public) | FREE

WEDNESDAYS

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

THURSDAYS

Tai Chi for Arthritis Beginning Entry Level & Extended 6 | Nov. 1 - Ongoing | Time: 8:30 - 9:30 AM
Location: Sedona Community Center, 2615 Melody Lane, Sedona | $5.00 fee per class

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

SATURDAYS

Tai Chi for Arthritis Beginning Entry Level & Extended 6 | Date: Ongoing | Time: 10:00 AM-11:00 AM
Tai Chi for Arthritis 2 | Time: 11:15AM - 12:15 PM (Must have learned TCA1 & Ext. 6)
Location: Clark Memorial Library, North 9th Street, Clarkdale | FREE

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

You can register at the class. For more information or questions visit www.verdevalleytaichi.com.
Practice videos are on the website www.verdevalleytaichi.com/practice-videos

Edited: 11/01/26