

# SCHEDULE OF VERDE VALLEY TAI CHI CLASSES

## MONDAYS

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

## TUESDAYS

**Tai Chi for Arthritis 2 & Sun Style 73** | 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: 11:15 AM-12:00 PM  
Location: Lampliter Village Clubhouse | 112A, Lampliter Village, Clarkdale (Open to the Public)

**Yang Style Tai Chi** | Date: Jan. 6, 2026 - TBD | Time: 1:00 - 2:00 PM  
Location: Pine Shadows Clubhouse, 2050 W. State Route 89A, Clarkdale, (Open to the Public)

## WEDNESDAYS

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

**Tai Chi for Arthritis Beginning Entry Level & Extended 6** | Date: Jan. 14 - Ongoing | Time: 1:30 - 2:30 PM  
Location: Camp Verde Community Library, 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 & Sun Style 73** | Time: 11:15AM - 12:15 PM (Must have learned TCA1 & TCA2)  
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, contact us via the website at [www.verdevalleytaichi.com](http://www.verdevalleytaichi.com).

Practice videos are on the website [www.verdevalleytaichi.com/practice-videos](http://www.verdevalleytaichi.com/practice-videos)

Edited: 03/21/26