



Tai Chi for Arthritis

Schedule effective August 1, 2021 (subject to change)

What you need to know:

- Due to COVID restrictions, registration is required!
- We strongly recommend masks being worn at all times!
- Classes available at a suggested donation of \$3.00/class
- SilverSneakers members attend at no cost!
- This Tai Chi class focuses on slow and methodical movements to improve flexibility, balance, and overall health.

Schedules and COVID precautions
subject to change

Masks are strongly recommended

In Person Classes

Third Reformed Church

2060 Michigan NE, Grand Rapids, MI

Advanced Tai Chi class

Mon. & Wed. at 12:30pm

Westview Christian Reformed Church

2929 Leonard NW, Grand Rapids, MI

Mixed level Tai Chi:

Wednesdays and Fridays 11am

Zion Lutheran Church

582 Lamoreaux Dr. NW Comstock
Park *masks required here

Advanced Level Tai Chi:

Tuesdays and Thursdays at 10am

Zoom Classes

Schedule subject to change

Tai Chi classes for Intermediate:

Tuesdays at 3:00pm w/ Gretchen

Tai Chi classes for Advanced:

Tuesdays and Thursdays at 2:30pm with
Sara

Call 616-233-0283
to register

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