



# Tai Chi



**Starts  
Feb 16**

**Who:** Instructor Ricky Allen; ISSA certified

**What:** Anchored Mind Tai Chi (Yang Style 24-Form)

**When:** Mondays 9:15 - 9:45 am

**Where:** Multi-purpose Room

**Why:** Each class is intended to create a calm, supportive environment where participant can move safely, increase body awareness, and build confidence in movement over time

## How Much:

*\$5 Members*

*\$10 Potential Members*

(Registration Fee Per Class)

- Come to Class when you can
- No long term commitment

**Register at the front desk for  
the day/days you attend class**

## DUBOIS AREA YMCA

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