



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

25 Parkway Drive

DuBois, PA 15801

814-375-9622

www.duboisymca.org

dubymca1@comcast.net

