

SCHEDULE OF VERDE VALLEY TAI CHI CLASSES

MONDAYS

Tai Chi for Arthritis Beginning Entry Level | Date: from Jan. 6 to Feb. 24 | Time: 10:15 - 11:15 AM
Location: Community Library Sedona, 3250 White Bear Rd, Sedona

TUESDAYS

Seated Tai Chi (New Temporary Location) | Date: Jan 7 - Ongoing | Time: 10:30 - 11:30
Location: Cottonwood Fire Department, 191 S. 6th Street, Cottonwood

Tai Chi 2 (Must have completed Beginner & Intermediate) | Date: Jan. 14 - Ongoing | Time: 10:00 - 11:00 AM
Location: Lampliter Village Clubhouse | 112A, Lampliter Village, Clarkdale

Tai Chi for Arthritis Beginning Entry Level & Extended 6 | Jan. 7 - Ongoing | Time: 1:00 - 2:00 PM
Location: Cottonwood Public Library, 100 S 6th St., Cottonwood

Tai Chi for Arthritis Beginning Entry Level | Date: Dec. 3 - Feb. 4 | Time: 2:30 - 3:30 PM
Location: Pine Shadows Clubhouse, 2050 W. SR 89A, Cottonwood

WEDNESDAYS

Tai Chi for Arthritis Beginning Entry Level | Date: Jan. 8 – Mar. 19 | Time: 2:00 – 3:00 PM
Location: Camp Verde Community Library, 130 Black Bridge Rd., Camp Verde

Tai Chi for Arthritis Extended 6 Movements | Date: Jan. 8 – Mar. 19 | Time: 2:00 – 3:00 PM
Location: Camp Verde Parks & Recreation Bldg., 135 S. Main St., Camp Verde

THURSDAYS

Tai Chi for Arthritis Beginning Entry Level & Extended 6 | Date: Jan. 9 - Ongoing | Time: 1:00 - 2:00 PM
Location: Sedona Public Library VOC, 25 W Saddlehorn Rd., Village of Oak Creek

Tai Chi for Arthritis Beginning Entry Level | Date: Jan. 9 – Mar. 13 | Time: 10:00 - 11:00 AM
Location: Cottonwood Fire Station, 191 South 6th St., Cottonwood

SATURDAYS

Tai Chi for Arthritis Beginning Entry Level & Extended 6 | Date: Ongoing | Time: 10:30 - 11:30 AM
Location: Clark Memorial Library, North 9th Street, Clarkdale

Please wear loose, comfortable clothing and supportive shoes.

All our classes are free. Classes are held once a week for 8 - 12 weeks. You can register at the class, however, some classes fill up early as space may be limited. To register for a class, call Carla Hover at 928-442-5966 or email us at verdevalleytaichi@gmail.com or contact us via the website at www.verdevalleytaichi.com.