

# Tai Chi via Zoom

Improve your balance, strength, and mobility from home!



**Description:** Tai Chi teaches graceful and relaxing movements that can improve your balance, strength and mobility. Although Tai Chi is slow and gentle and doesn't leave you breathless, it addresses the key components of fitness/muscle strength, flexibility, balance and aerobic conditioning. Touted as one of the most beneficial exercises for seniors! This class is held virtually via Zoom. No experience is necessary, register for the month at (860) 285-1992.

**Ages:** 55 years old or older.

**Date/Time:** January 4th, 2021 - January 29th, 2021. Mondays & Fridays 8:30 AM - 9:30 AM.

**Location:** Participate from your home! Class held virtually via Zoom.

**Price:** \$35 per person. Registration is required.



Windsor Senior Services *A division of Recreation & Leisure Services*  
(860) 285-1992

LP Wilson Community Center, 599 Matianuck Avenue, Windsor, CT  
[townofwindsorct.com/senior-services](http://townofwindsorct.com/senior-services)

