



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

T'ai Chi

RAGSDALE FAMILY YMCA
900 BONNER DRIVE
JAMESTOWN, NC 27282
ragsdaleymca.org

January – April
Mondays and Wednesdays
9:00-10:00 am
Community Room

Monthly Fee
\$30 for Members
\$60 for Non-Members



T'ai Chi Ch'uan is a complete system of exercise, mediation, and self-defense. The practice of these gentle movements reduces stress while improving health, balance, stamina, and self.

*Registration is due before the first class of each session and a new registration form must be filled out each month upon registering. T'ai Chi is a monthly class. We do not prorate fees for holidays falling on class days.

Program Code: 07FITAICHI