

## Tai Chi: Basic Movements (Level 1) Course Schedule

*Please register for the schedule that you will keep for the entire eight-week course. Choose ONE of the options below to participate on those two days per week.*

INSTRUCTOR	DAYS	TIME
o Adriene	Tuesday & Thursday	8 to 9 a.m.
o Adriene	Tuesday & Thursday	1 to 2 p.m.
o Cassandra	Monday & Thursday	6 to 7 p.m.
o Cassandra	Tuesday & Friday	6:30 to 7:30 p.m.
o Galina	Tuesday & Thursday	2 to 3 p.m.
o Sarah	Monday & Wednesday	12:30 to 1:30 p.m.
o Sarah	Tuesday & Thursday	1 to 2 p.m.

**Call 1-800-AGE-LINE to Sign Up Now**

