

# TAI CHI

Spring 2011

This noncompetitive, self-paced system of gentle physical exercise and stretching that is over 2000 years old; sometimes referred to as "meditation in motion" is now being offered. Through a series of gentle movements and postures that flow from one into the next, the body is challenged to perform in a non-impact manner with results such as reduced stress, increased muscle endurance, increased flexibility, muscle strength and definition. Tai Chi is highly recommended as a form of exercise for persons with arthritis. Students will leave class relaxed and energized. Our Tai Chi instructor is Isaac Yong Hou.



Join us: Thursday evenings, March 8 - April 27, 2011  
5:30-6:30pm  
Fitness Center// Watertown Senior and Community Center  
Students are reminded to wear loose clothing for class.

**Special Needs:** The department will make every effort to comply with the regulations associated with the Americans with Disabilities Act (ADA). In the space provided below, please list any special needs that you may have that would benefit your participation in this program. The department will attempt to accommodate these needs and will contact you to discuss your participation.

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## Spring 2011 Tai Chi

Name \_\_\_\_\_ Phone \_\_\_\_\_

Address \_\_\_\_\_

List any special needs \_\_\_\_\_

I hereby release the sponsoring groups from any and all claims arising from my participation in this program and verify that I am medically fit to participate.

Signature \_\_\_\_\_ Date \_\_\_\_\_

FEE: \$32 // city resident \$48 // non city resident