



TAI CHI



NO Class
Mar. 25 &
Apr. 22

Seven-Week Series - Costick Center - Conway Hall

TAI CHI Introductory Class

This class emphasizes Tai Chi for health and stress management. All students **must** take this class before taking the classes below, unless given special permission from the instructor. Call 248-473-1822 for more information.

(50 & Better) Wed Jan 7 - Feb 18 6:30-7:00 pm Class # 230201-03
Wed Mar 4 - Apr 29 6:30-7:00 pm Class # 230201-04
\$25 NR; \$20 Resident Discount

TAI CHI for Health & Stress Management

This class consists of an organized routine to help with overall physical health and stress management based on Tai Chi principles.

(50 & Better) Wed Jan 7 - Feb 18 7:00-7:45 pm Class # 230201-05
Wed Mar 4 - Apr 29 7:00-7:45 pm Class # 230201-06

TAI CHI for Health & Fitness

This class offers the entire syllabus of Wu Style Tai Chi Ch'uan, including forms, push hands, single-person training, and meditation.

(18+) Wed Jan 7 - Feb 18 7:45-8:30 pm Class # 230201-07
Wed Mar 4 - Apr 29 7:45-8:30 pm Class # 230201-08

\$40 NR; \$35 Resident Discount (No Drop-ins for Wed. classes)

Instructor for all classes: Dr. Alex Green



FARMINGTON HILLS DEPARTMENT OF SPECIAL SERVICES
ADULTS 50 & BETTER COSTICK CENTER
28600 ELEVEN MILE ROAD, FARMINGTON HILLS, MI 48336

Register at the Costick Center or online at www.fhgov.com,
click on Departments > Special Services > Online Program Reg
Call (248) 473-1830 for more information.

