

# TAI CHI FOR EVERYONE

## class schedule

### Winter/Spring 2009 -2010

MONDAY: 10 to 11:30 AM, "Tai Chi Made EZ" Intermediate Level  
Arcata Presbyterian Church, 11 & G St.,  
Arcata.

MONDAY: 1PM to 2:30 "Tai Chi Made EZ" Beginner Level.

TUESDAY: 10:30 to 12 NOON, "Tai Chi Made EZ", St. Joseph's Hospital,  
for staff and employees only.

TUESDAY: 3:30 PM, "Tai Chi Made EZ" & "Tai Chi for Arthritis", First  
Congregational Church, 900 Hodgson St.  
Eureka, ( in the Social Hall)

TUESDAY: 6 PM, "Tai Chi Chuan Yang Style" Traditional 24 Movements,  
Old School (behind Post Office) Bayside.

**HSU & CR STUDENT DISCOUNT 20%**

WEDNESDAY: 2 to 3:30 PM, "Tai Chi Made EZ", Humboldt Wellness Center,  
5050 Valley East, Arcata. (FREE class)

WEDNESDAY: 5 to 6:30PM, "Tai Chi Made EZ" Westhaven Center for the Arts,  
501 South Westhaven Drive, Westhaven.

THURSDAY: 12 Noon, "Tai Chi Made EZ", & "Tai Chi for Arthritis", Adorni  
Center, reg. w/ City of Eureka Parks & Recreation Dept.

THURSDAY: 5:30 to 7 PM, "Tai Chi Made EZ", 915 Madrone, Eureka.

**Call instructor for registration. Space limited.**

FRIDAY: 10 to 11:30 AM, "Tai Chi for Arthritis", Fortuna,  
Christ Lutheran Church, Smith Lane. Drop-ins welcome.

FRIDAY: 1 to 2:30 PM, "Tai Chi Made EZ", Redwood Hospital, Fortuna,  
Employees and staff only.

Call Certified Instructor: **Glenda Hesseltine, M.A.**, at **268-3936** or email at  
[gkhesseltine@yahoo.com](mailto:gkhesseltine@yahoo.com) for information and registration. Class costs: \$36 to \$60 p/month,  
depending on class. Drop-in fee \$15 per class. Private Instruction & Life/Health Coaching: \$45-  
\$75 p/hr. **20% Discount for HSU & CR students available in some classes.**

[www.taichiforeveryone.net](http://www.taichiforeveryone.net)