

TAI CHI FOR EVERYONE

CLASS SCHEDULE Spring/Summer 2011

MONDAY: 10 to 11:30 AM, "Tai Chi Made EZ", Intermediate Level, HSU OLLI Program

Arcata Presbyterian Church, 11th & G St. Arcata.

MONDAY: 1 to 2:30 PM, "Tai Chi Made EZ", Beginning Level, HSU OLLI Program,

Arcata Presbyterian Church, 11th & G St. Arcata.

TUESDAY: 3:30 to 5 PM, "Tai Chi Made EZ", First Congregational Church, 900

Hodgeson St., Eureka.

TUESDAY: 5:45 to 7:15 PM "Yang Style Tai Chi Chuan" Traditional 24 Movements,

915 Madrone, Eureka, space limited, call 268-3936.

WEDNESDAY: 2 to 3:30 PM "Tai Chi Made EZ", Humboldt Wellness Center, 5050

Valley Blvd. East, Arcata.

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

501 Westhaven Dr., Westhaven.

THURSDAY: 12 AM to 1:30 PM "Tai Chi Made EZ", Adorni Center, 1011 Waterfront Dr.

Eureka, register with City Parks & Rec. Dept.

THURSDAY: 5:30 to 7 PM "Yang Style Tai Chi Chuan", Traditional 24 Movements.

915 Madrone, Eureka, space limited, call 268-3936.

**FRIDAY: 10 to 11:30 AM "Tai Chi Made EZ", Christ Lutheran Church,
2132 Smith Lane, Fortuna.**

**FRIDAY: 1 to 2:30 PM "Tai Chi Made EZ", Redwood Memorial
Hospital, Staff,
Employees, and Volunteers only.**

For more information or registration, call or email Certified Instructor Glenda Hesseltnine, M.A., **707 268-3936**, or gkhesseltine@yahoo.com. Class costs from \$36 to \$60 per month. Drop-in fee \$15 per class. Private instruction and Life Coaching available at \$45 to \$75 per session.

www.taichiforeveryone.net