



# TAI CHI

Have you ever tried Tai Chi? Tai Chi is an ancient Chinese tradition that today is practiced as a flowing form of exercise. It involves a series of movements performed in a slow, focused manner and accompanied by deep breathing. Some of Tai Chi's many benefits include **increased balance, range of motion, vitality, relaxation, mental focus, strength, improved posture and overall well-being along with relief of pain and release of stress.**



**6 week Program → Member Rate \$99  
Non-Member Rate \$149**

**September 9th-October 16th**

**Mondays and Wednesdays 4pm-5pm with Ally**

*Learn and practice the basic Tai Chi movements in easy to follow short forms.  
Both beginners and repeat participants welcome.*

**Did you know? Studies have shown Tai Chi is one of the most effective measures to help reduce the risk of falls. Space is limited. Sign up today!**

Mashpee Fitness • 168 Industrial Drive • 508-477-6128