

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**

Upcoming Sessions:
November 4th-December 11th
January 6th-February 12th

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