

TAI CHI FOR EVERYONE

CLASS SCHEDULE 2013

**MONDAY: 10 to 11:30 AM, Yang Style, 24 Movement, Advanced Class,
Arcata Presbyterian Church, 11th & G St. Arcata.**

**MONDAY: 1 to 2:30 PM, "Tai Chi Made EZ", Intermediate Level, *
Arcata Presbyterian Church, 11th and G St. Arcata.**

**MONDAY: 3 to 4:30 PM "Tai Chi Made EZ", Beginning Level, * Arcata
Presbyterian
Church.**

TUESDAY: 3:30 to 5 PM, "Tai Chi Made EZ", 915 Madrone Ave. 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", Grace Good Shepherd Church,
1450 Hiller Rd. McKinleyville.**

**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", 915 Madrone Ave, Eureka

**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..**

For more information or registration, call or email Certified Instructor Glenda Hesseltine, 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, Life Coaching, Health Guidance, at \$45 to \$75 per session. www.taichiforeveryone.net

- **These two classes are sponsored by HSU's OLLI Program during part of the year. Please call instructor for more information on these classes.**