

# Tai Chi – Intermediate Level

Open to the community



## 4-week series

For people with or without arthritis, **Tai Chi for Arthritis** is a good way to start your journey to better health. It is an enjoyable and safe set of forms which delivers many health benefits, including: improved muscle strength, coordination, and flexibility; better balance and decreased risk of falls.

This class is for those who have previous Tai Chi experience, and preferably have completed the Tai Chi for Balance and Fall Prevention 8-week program.

**Dates:** June 2–30 (no class June 16)  
**Days:** Wednesdays  
**Time:** 11:30 a.m.  
**Location:** Mind & Body Studio  
**Cost:** Members \$20, Non-members \$40  
**Instructor:** Becky Robel

**Participants need to be able to stand for the duration of the class without balance concerns. Chairs are not used in this class.**

**About the Instructor:** Becky Robel is the founder, instructor and trainer at Tai Chi Iowa. She is a Senior Fitness Specialist (SFS), Certified Personal Trainer (CPT) and Certified Group Fitness Instructor (CGFI) through NASM and AFAA. She serves on the Iowa Falls Prevention Coalition Board and teaches a variety of classes in the Des Moines metro area.

*Face coverings are required while at the facility, may be removed while actively exercising and maintaining social distancing. **Register online or at the Member Services desk.***