

# COMING **2025** JANUARY



## **TAI CHI FOR ARTHRITIS AND FALL PREVENTION**

Mon & Wed at 9am, Event Center, Jan 6 - Feb 26  
\$10 members; \$15 non-members

Improve your flexibility, muscle strength, heart/lung activity, posture alignment, balance, and reduce stress with Tai Chi.



## **WALK WITH EASE**

Mon, Wed, Fri at 11:15am, Event Center, Jan 13 - Feb 21  
\$5 members; \$10 non-members

Ease into a healthy walking routine, resulting in less joint pain and improved health.



## **BETTER BALANCE**

**New Day  
and Time!**

Wednesdays at 1pm, Event Center, Jan 8 - Mar 12  
\$10 members; \$15 non-members

Improve your strength, balance, flexibility and mobility through slow, therapeutic movements based on martial arts.

**SIGN UP AT THE WELCOME CENTER OR ONLINE!**

[www.lexingtonymca.com](http://www.lexingtonymca.com)

[shannon@lexingtonymca.com](mailto:shannon@lexingtonymca.com)

