



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# TASTE OF TAI CHI

## A 6-WEEK INTRODUCTION

**WHO** Open to all members and guests of the YMCA for a nominal fee (limited to 20 participants)

**WHAT** An introductory Tai Chi course lead by Dr. Glen Hepker from Mason City Tai Chi

**WHERE** YMCA Group Fitness Studio

**WHEN** Thursday mornings  
10:20-11:00am  
April 12 - May 17

**COST** Members: \$5.00 per class or \$25.00 for the full series  
Non-members: \$8.00 per class or \$40.00 for the full series



**FOREST CITY FAMILY YMCA**  
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