

# Tai Ji Quan

NEW!

**Mondays & Wednesdays 1-2pm**

**Steeple Center, Room 200  
14375 South Robert Trail  
Rosemount, MN 55068**

**June 13—September 12  
(skip 6/20, 7/4, 9/5)**

**Fee: \$108 (24 Classes)  
Register by: June 8**



Improve your balance, strengthen your muscles and reduce your risk of falling using tai ji quan (also known as tai chi) movements in a class that will help you stay mobile and independent. Each session includes warm-up exercises, a mix of tai ji quan forms and brief cool-down exercises. You will learn eight tai ji quan forms plus therapeutic variations. Through progressive movements, participants build strength and improve balance as they learn to transition from stability to instability and back again. No prior experience is necessary, and all ability levels are welcome. Taught by Alisa Tomette, PhD.

Register online, or return a completed Registration Form to the drop box at the Steeple Center, via mail, or in person at the Rosemount Parks & Recreation Office in the lower level of the Community Center (13885 South Robert Trail).



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