

TAI CHI



**Discover why so many Americans are including
TAI CHI in their weekly exercise routines.**

BENEFITS OF TAI CHI

**More energy and stamina • Greater aerobic capacity and muscle strength
Lower blood pressure & improved heart health • Fewer falls
Better mood, with lower levels of depression, stress & anxiety
Enhanced flexibility, balance & agility**

No previous experience necessary

**Fridays, 11:00-11:45am
March 10 - April 21**

No class Friday, April 7

Instructor: Louisa Hayes
\$65 members / \$85 nonmembers / \$20 Drop in Fee
Sign-up at the Front Desk

The Swimming Hole • 75 Weeks Hill Road • Stowe, VT • 802.253.9229 • www.theswimmingholestowe.com

The Swimming Hole is a non-profit community pool & fitness center that welcomes community support.

