Tai Chi Classes
Valley Residential Services
Tuesdays & Thursdays

Class Schedule:
1st class: Thursday, January 9th — 10-11AM
2nd class: Tuesday, January 14th — 10-11AM
3rd class: Thursday, January 16th — 10-11AM

**NO CLASS JANUARY 21ST**
4th class: Thursday, January 23rd — 10-11 AM
5th class: Tuesday, January 28th — 10-11 AM
6th class: Thursday, January 30th — 10-11 AM
7th class: Tuesday, February 4th — 10-11 AM
8th class: Thursday, February 6th — 10-11AM
9th class: Tuesday, February 11th — 10-11 AM
10th class: Thursday, February 13th — 10– 11 AM
11th class: Tuesday, February 18th — 10-11 AM
12th class: Thursday, February 20th — 10-11 AM
13th class: Tuesday, February 25th — 10-11 AM
14th class: Thursday, February 27th — 10-11 AM
15th class: Tuesday, March 3rd — 10-11 AM
16th class: Thursday, March 5th — 10-11 AM

Contact to sign up: Jackie Murphy at **315-867-1371**
Instructor: **Jackie Murphy**