

Tai Chi

Community Class

Discover the calming and empowering practice of Tai Chi at LI Strive! This gentle, flowing movement class is designed to help you improve balance, flexibility, and overall well-being. Rooted in ancient Chinese tradition, Tai Chi is a mindful practice that reduces stress, enhances focus, and promotes inner peace.

Instructor:
Heidi MacAlpine

Tuesdays
1:15-2:00 PM

\$50/class

REGISTER AT: www.listrive.com



Join Now
OPEN TO EVERYONE 14+