



JOIN US FOR TAI CHI CLASSES

If you are looking for ways to reduce stress and increase balance, Tai Chi is for you! What is Tai Chi? Tai Chi is an ancient Chinese tradition that involves moving in a slow, graceful manner while focusing on deep breathing. This low impact activity is easy on the muscles and joints, making it safe for any fitness level. Classes are FREE for Covington residents, ages 55+.

Register today and enjoy the many benefits of being active!

CLASS DETAILS

>> WHEN:

Mondays
10 a.m. – 11 a.m., all year long

Please note, classes will not take place on the following holidays: January 21, May 27, September 2.

>> WHERE:

Latonia Baptist Church
3800 Church Street
Covington, KY 41015

>> COST:

Resident = Free
Non-Resident = \$40 Annually

INTERESTED IN

PARTICIPATING?

>> REGISTER:

On site, before class with
Bobbie Hughes, Tai Chi Instructor.

>> QUESTIONS?

Contact Covington Parks &
Recreation at 859-292-2151.