CHITTENDEN COUNTY TAI CHI CLASSES
Contact information for each class is listed below. Please call to register.

**TAI CHI NOVICE**
Heineberg Senior Center
Fridays, 9:45 am - 10:30 am Newcomers welcome
Instructor: Lynne Lieb, lynnettelieb@gmail.com

**SEATED TAI CHI**
Memory Day Program Grandway, South Burlington
Thursdays, 10:00 am
Instructor: Lynne Lieb, lynnettelieb@gmail.com

**TAI CHI FOR FALLS PREVENTION, BEGINNERS**
South Burlington Rec Center, 575 Dorset St
Tuesdays, 9:30 am - 10:30 am
This is an on-going class.
Instructor: Elizabeth Wirls, Ewirls@bellsouth.net

**SUN STYLE LONG FORM, FOR INTERMEDIATE/ADVANCED PLAYERS**
South Burlington Rec Center
Tuesdays, 10:30 am – 12:00 pm
This is an on-going class.
Instructor: Elizabeth Wirls, Ewirls@bellsouth.net

**TAI CHI BASIC**
Maple Street Park, Essex Junction
Mondays, 9:30 am - 10:15 am
Ongoing starting 9/16/19
Instructors: Betty Adams, adamsvt123@gmail.com
Linda Streeter, streets52@comcast.net

**SUN STYLE (LONG FORM)**
Maple Street Park, Essex Junction
Wednesdays, 9:30 am - 10:15 am
Ongoing starting 9/18/19
Instructors: Betty Adams, adamsvt123.com
Linda Streeter, streets52@comcast.net

**SEATED TAI CHI**
Grandway Commons, 412 Farrell St, South Burlington
Wednesdays, 4:00 pm - 5:00 pm
Newcomers welcome. This is an on-going class.
Instructor: Elizabeth Wirls, Ewirls@bellsouth.net

**BEGINNING QIGONG AND TAI CHI**
South Burlington Rec Center, 575 Dorset St
Thursdays
Instructor: Elizabeth Wirls, Ewirls@bellsouth.net

**YANG STYLE TAI CHI (YANG 24 & MORE)**
Wright House, 75 Harrington Ave, Shelburne
Thursday, 4:00 pm - 5:30 pm
Instructor: Elizabeth Wirls@bellsouth.net

**TAI CHI BASIC-BEGINNING**
Aspire Studio at Maple Street Park, Essex Junction
Thursdays, 10:00 am - 10:45 am
Starts: 9/19/19
Instructor: Linda Streeter, streets52@comcast.net

**FALLS PREVENTION TAI CHI 1,2,3**
Deborah Rawson Memorial Library, River Rd Jericho
Tuesdays & Thursdays, 10/1/19 - 12/12/19
9:00 am - 9:50 am
Instructor: Jo Osborne
Call DRML to register: 802 899- 4962

**SEATED TAI CHI**
Deborah Rawson Memorial Library, River Rd Jericho
Tuesdays & Thursdays, 10/1/19 - 12/12/19
10:00 am - 10:50 am
Instructor: Jo Osborne
Call DRML to register: 802 899- 4962
TAI CHI I – III  
Porters Point School, Cafeteria, Colchester  
Tuesday & Thursdays, 6:15 pm - 7:15 pm  
Instructor: Fran Tougas, sportdcvt@gmail.com

YANG 24  
Town of Shelburne Municipal Complex  
Mondays and Wednesdays, 9:00 am – 10:00 am  
9/11/19 – 12/18/19  
Instructor: Lee Sheridan-Orr, waliboonic@hotmail.com, 802-238-4067

SUN 73 (LONG FORM ADVANCED)  
Williston Federated Church  
Wednesdays, 11:00 am  
This is an on-going class.  
Instructor: Adina Panitch, 802-288-1555 or Arp423@gmail.com