



QiGong and Tai Chi

Beginning/Continuing

Tai Chi and QiGong

LV

Tai Chi (Yang Style): Taijiquan (grand ultimate fist) refers to a series of dynamic, connected postures strung together in a smooth, flowing manner. Within the postures are martial art aspects that are largely hidden. Class begins with QiGong sets and then moves on to emphasize the 24 posture Beijing style (Yang short form). This class is often taken on a continuing basis as a lifestyle endeavor.

Instructor: Beatrice DeFranco

Location: Longfellow Center

Tu, 8-9pm \$52/\$78

Sep 9 - Oct 14 #443070-01

Oct 28 - Dec 9 (No class 11/25) #443070-12

Location: Dole Center, Studio 3

W, 9:15-10:30am \$52/\$78

Sep 10 - Oct 15 #443070-03

Oct 29 - Dec 10 (No class 11/26) #443070-13

of weeks: 6 Min 6/Max 20

Tai Chi Workout

LV

This fast-paced class focuses on continuous flow and movement, using chi kung / tai chi forms to obtain a vigorous, low-impact workout. Students should have some previous experience with these or other martial art forms.

Location: Andersen Center

Instructors: John Lewis

Tu, 6:30-7:30pm \$52/\$78

Sep 9 - Oct 14 #443070-04

Oct 28 - Dec 9 (No class 11/4) #443070-14

of weeks: 6 Min 6/Max 20

Tai Chi Colleagues

LV

Join fellow Tai Chi students to refine, perfect, and practice your skills. This is a follow up of our Tai Chi classes.

Must be currently enrolled in a fitness class to participate.

Location: Dole Center, Studio 2

M & F, 10:30-11:30am FREE!

Sep 8 - Oct 17 #443070-11

Oct 27 - Dec 13 (No class 11/29) #443070-20

QiGong For The Season

LV

Experience the flow of energy (Qi) and the power of self-healing. Learn how to combine static and moving meditations with the Five Elements and cycles of nature to cultivate your energy garden. Season-specific foods will also be introduced. Many healthcare practitioners are discovering and recommending this Chinese bio-energetic system as a productive, integrative therapy that supports wellness through exercise. A gentle yet powerful form of moving meditation.

Instructor: Beatrice DeFranco

Location: Longfellow Center

Tu, 7-8pm \$52/\$78

Sep 9 - Oct 14 #443070-05

Oct 28 - Dec 9 (No class 11/25) #443070-15

Location: Dole Center, Studio 3

W, 10:30-11:30am \$52/\$78

Sep 10 - Oct 15 #443070-07

Oct 29 - Dec 10 (No class 11/26) #443070-16

of weeks: 6 Min 6/Max 20

Active Senior Tai Chi

LV

Energy work for opening and releasing the joints of the whole body begin in the chair and move progressively to standing. Yang Short Form taught at level appropriate to ability. Beginning/Continuing levels. See the Tai Chi/Qi Gong description for further explanation.

See the Tai Chi/Qi Gong description

for further explanation.

Location: Dole Center, Studio 2

Instructor: Beatrice DeFranco

Th, 10:30-11:30am \$48/\$72

Sep 11 - Oct 16 #443070-08

Oct 30 - Dec 11 (No class 11/27) #443070-17

of weeks: 6 Min 6/Max 20

**Are you age 55 or better?
Sign up for an Active Adult
Membership today and
save on select Park District
programs! See page 60 for
more information.**

Mind & Body Fitness

Awareness Through Movement®

Feldenkrais Method®

LV

Resilience of Mind & Body for facing life's challenges! If you'd like to feel more 'at home' and 'at peace' in your body, this is the class for you. Current students are amazed at the reduction of pain and the improvement of balance and flexibility. This class integrates healthy biomechanics, core exercises, meditation, and clarity of intention.

Location: Dole Center, Studio 2

Instructor: M.S. Chen, PT (Guild Certified Feldenkrais®)

W, 9-10am \$52/\$78

Sep 10 - Oct 15 #443070-09

Oct 29 - Dec 10 (No class 11/26) #443070-18

Th, 6-7pm \$52/\$78

Sep 11 - Oct 16 #443070-10

Oct 30 - Dec 11 (No class 11/27) #443070-19

of weeks: 6 Min 6/Max 20

NEW! Home Grown Health

LV

This class is for people who wish to learn what they could be doing such as food choices, breath-work, and fitness strategies that will enhance their health goals.

Learn simple and effective self-help techniques for common complaints. Each week a different topic will be featured, according to the interest of the class, as part lecture and part interactive movement. Discover simple strategies to reclaim your wellness potential.

Location: Dole Center, Studio 2

Instructor: Beatrice DeFranco

Th, 11:30-12:30pm \$52/\$78

Sep 11-Oct 16 #443070-06

Oct 30-Dec 11 (No class 11/27) #443070-21

of weeks: 6 Min 6/Max 20

LOTTERY!

**Lottery Deadline is Noon, Aug 14.
Please read lottery info on page 75.**

Wondering where to go? See facilities map on pages 70-71!