

# 2020 Tai Chi Class Schedule

The BodyZone at Community Hospital North, 6991 Hillsdale Ct, Indianapolis, IN 46250

Classes are open to the public and led by Christine Bhe, Certified Tai Chi & Qigong Instructor

For questions call: 317-601-0206, email: [christine@bhedesign.com](mailto:christine@bhedesign.com)

Schedule is subject to change. For class descriptions, updates, registration and more go to: [taichiwellbeing.com](http://taichiwellbeing.com)

## Session B - March & April

### Mondays:

**Tai Chi for Health Part 2** Mondays 10 - 11 am: March 2, 9, 16, 23, April 6, 13, 20 (No class March 30)  
For those who have completed Tai Chi for Health Part 1, \$70 for 7 classes

**Tai Chi for Health Part 3** Mondays 11 am - 12 pm: March 2, 9, 16, 23, April 6, 13, 20 (No class March 30)  
For those who have completed Tai Chi for Health Parts 1 & 2, \$60 for 7 classes

### Tuesdays:

**Tai Chi for Health Part 2** Tuesdays 7:15 - 8:15 pm: March 3, 10, 17, 24, April 7, 14, 21 (No class March 31)  
For those who have completed Tai Chi for Health Part 1, \$70 for 7 classes

### Wednesdays:

**Tai Chi for Health Part 1** Wednesdays 10 - 11 am: March 4, 11, 18, 25, April 8, 15, 22 (No class April 1)  
For beginners and ongoing students, \$70 for 7 classes

**Tai Chi Practice Group** Wednesdays 11 am - 12 pm: March 4, 11, 18, 25, April 8, 15, 22 (No class April 1)  
For those who have completed Tai Chi for Health Parts 1, 2 & 3, \$50 for 7 classes

**TaijiFit** Wednesdays 7 - 8 pm: March 4, 11, 18, 25, April 8, 15, 22 (No class April 1)  
For beginners and ongoing students, \$70 for 7 classes

### Sundays:

**Sun 73 Intermediate** Sundays 1 - 2:30 pm: March 1, 15, April 5, 26  
For those who have completed Tai Chi for Health Parts 1 & 2, \$60 for 4 classes

## Session C - May & June

### Mondays:

**Tai Chi for Health Part 1** Mondays 10 - 11 am: May 4, 11, 18, June 1, 8, 15, 22 (No class May 25)  
For beginners and ongoing students, \$70 for 7 classes

**Tai Chi for Health Part 3** Mondays 11 am - 12 pm: May 4, 11, 18, June 1, 8, 15, 22 (No class May 25)  
For those who have completed Tai Chi for Health Parts 1 & 2, \$60 for 7 classes

### Tuesdays:

**Tai Chi for Health Part 1** Tuesdays 7:15 - 8:15 pm: May 5, 12, 19, June 2, 9, 16, 23 (No class May 26)  
For beginners and ongoing students, \$70 for 7 classes

### Wednesdays:

**Tai Chi for Health Part 2** Wednesdays 10 - 11 am: May 6, 13, 20, June 3, 10, 17, 24 (No class May 27)  
For those who have completed Tai Chi for Health Part 1, \$70 for 7 classes

**Tai Chi Practice Group** Wednesdays 11 am - 12 pm: May 6, 13, 20, June 3, 10, 17, 24 (No class May 27)  
For those who have completed Tai Chi for Health Parts 1, 2 & 3, \$50 for 7 classes

**TaijiFit** Wednesdays 7 - 8 pm: May 6, 13, 20, June 3, 10, 17, 24 (No class May 27)  
For beginners and ongoing students, \$70 for 7 classes

### Sundays:

**Sun 73 Intermediate** Sundays 1 - 2:30 pm: May 3, 17, June 7, 21  
For those who have completed Tai Chi for Health Parts 1 & 2, \$60 for 4 classes