

TAI CHI CHANDLER



Tai Chi is a Chinese martial art practiced for its health benefits. Though originally conceived as a martial art, this class focuses on gentle and controlled movements that center the mind, body, and spirit.

Chandler

685 S. Dobson Rd., Chandler, AZ 85224

4:30pm-5:15pm

Every Tuesday

Please contact the ICRC Integrative Service Department @ 480-314-6660 for additional information.