

Young Lee's Fall 2025 Classes
(October 6 - December 18)
Some are presented by Zoom Others are at a Senior Center

Chair/Seated Tai Chi (College name: Adapted Physical Education)

Prerequisite: None

Recommended Equipment: a low-backed, light weight chair without arms

HTH-939-915 Monday 1:00pm - 2:00pm **Annapolis Senior Center**

HTH-939-917 Monday 2:30pm - 3:30pm **via Zoom**

HTH-939-918 Wednesday 12:30pm - 1:30pm **via Zoom**

HTH-939-916 Thursday 11:00am - 12:00pm **Arnold Senior Center AACC Annex A no class Nov 27**

Beginner Tai Chi (College name: Functional Mobility/Balance)

Prerequisite: None

Recommended Equipment: None

HTH-928-910 Monday 9:00am - 10:00am **South County Senior Center**

HTH-928-905 Monday 11:00am - 12:00noon **Annapolis Senior Center**

HTH-928-909 Wednesday 11:30am - 12:30pm **via Zoom**

Intermediate Tai Chi (College name: Functional Mobility/Balance)

Requirement : Beginner Tai Chi

Recommended Equipment: None

HTH-928-907: Monday 12:00n - 1:00pm **Annapolis Senior Center**

HTH-928-908: Tuesday 9:30am - 10:30am **via Zoom**

HTH-928-906: Thursday 9:30am - **10:30am Annapolis Senior Center No class Nov 27**

County sponsored Chair/Seated Tai Chi - no need to register with AACC, class is free to participants

Prerequisite: Anne Arundel County Senior Center member

Recommended Equipment: a low-backed light weight chair without arms

Tuesday 10:30am - 11:30am starts October 7, ends December 9

Wednesday 10:00am - 11:00am starts October 8, ends December 10.

Join Zoom Meeting

[https://us02web.zoom.us/j/4754413258?](https://us02web.zoom.us/j/4754413258?pwd=UHE5SU9vVklKc0psMmFNWitaNlFIdz09&omn=83873650587)

[pwd=UHE5SU9vVklKc0psMmFNWitaNlFIdz09&omn=83873650587](https://us02web.zoom.us/j/4754413258?pwd=UHE5SU9vVklKc0psMmFNWitaNlFIdz09&omn=83873650587)

Meeting ID: 475 441 3258

Passcode: hello