



WINTER 2026 CLASS SCHEDULE



Classes taught by Michigan Tai Chi Center Director Han Hoong Wang

Contact: (248) 892-3117 michigantaichicenter@gmail.com

For updates and more information visit www.michigantaichi.com

To register, please contact the appropriate Recreation Department or Senior Center office

MONDAY

No Class Jan 19, Feb 16

Royal Oak Recreation

(248) 246-3180

Keller Elementary

1505 N Campbell Rd, Royal Oak

Jan 5 – Mar 16

6:30 – 7:30 pm

7:30 – 8:30 pm

8:30 – 9:30 pm

9 weeks

Yang Family Tai Chi Traditional Hand Form – *Beginners*

Yang Family Tai Chi Traditional Hand Form – *Continuing*

Yang Family Tai Chi Push Hand – *No beginners*

TUESDAY

Oak Park Recreation

(248) 691-7577

Oak Park Recreation

14300 Oak Park Blvd, Oak Park

Jan 6 - Feb 24

Mar 3 - Apr 21

11:15 am – 12:00 pm

8 weeks

8 weeks

Yang Family Tai Chi Traditional Hand Form – *Continuing*

WEDNESDAY

Bloomfield Township Senior Services

(248) 723-3500

Greater Bloomfield Senior Association

Jan 7 – Feb 11

Feb 18 – Mar 25

10:30 – 11:15 am

6 weeks

6 weeks

Yang Family Tai Chi Traditional Hand Form – *Continuing*

THURSDAY

Royal Oak Senior Community Center

(248) 246-3900

Royal Oak Senior Community Center

3500 Marais Ave, Royal Oak

Jan 8 – Mar 26

9:15 – 10:00 am

12 weeks

Chen Style Tai Chi Chuan old Hand form– *Beg & Cont.*

Royal Oak Recreation

(248) 246-3180

Keller Elementary Gym

1505 N Campbell Rd, Royal Oak

Jan 8 – Mar 19

6:30-7:30pm

7:30 – 8:30 pm

8:30 – 9:30 pm

11 weeks

Chen Style Tai Chi Old Hand form – *Continuing*

Sanshou 48 – *Continuing*

Chen Style Saber – *Requires prior training in the hand forms*

SATURDAY

West Bloomfield Parks & Recreation

(248) 451-1900

Drake Sports Park

6801 Drake Rd, West Bloomfield

Jan 24 – Mar 14

9:00 am – 10:00 am

10:00 am – 11:00 am

11:00am- 12:00 pm

8 weeks

Yang Family Tai Chi Traditional Hand form– *Beginners*

Yang Family Tai Chi Traditional Hand form- *Continue*

Yang Family Tai Chi Traditional Hand form - *Advance*



WORLD TAI CHI DAY 2026

Date and Location
will be announced

Update 1/8/2026