



# Winter 2023 CLASS SCHEDULE



Classes taught by Michigan Tai Chi Center Director Han Hoong Wang

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

For updates and more information visit [www.michigantaichi.com](http://www.michigantaichi.com)

## MONDAY

No class Jan 16

### Royal Oak Recreation

(248) 246-3180

### **Keller Elementary**

1505 N Campbell Rd, Royal Oak

**Jan 9 – Mar 20**

6:30 – 7:30 pm

7:30 – 8:30 pm

8:30 – 9:30 pm

**10-weeks**

Yang Family Tai Chi Chuan – *Beginners 1 (Brian)*

Yang Family Tai Chi Chuan – Continuing

Two-Person Form and Push Hands Basics

(\*wear a mask for this class)

## TUESDAY

### Oak Park Recreation

(248) 691-7577

### **Oak Park Recreation**

14300 Oak Park Blvd, Oak Park

**Jan 10 – Feb 28**

**Mar 7 – Apr 25**

11:15 am – 12:00 pm

**8 weeks**

**8 weeks**

Yang Family Tai Chi Chuan – *Continuing*

## WEDNESDAY

### Bloomfield Township Senior Services

(248)723-3500

### **Greater Bloomfield Senior Association**

4315 Andover Rd, Bloomfield Hills

**Jan 4 – Feb 8**

**Feb 15 – Mar 22**

10:30 – 11:15 am

**6 weeks**

**6 weeks**

Yang Family Tai Chi Chuan – *Beginners and Continuing*

### **Michigan Tai Chi Center**

[michigantaichicenter@gmail.com](mailto:michigantaichicenter@gmail.com)



**Jan 4 – Jan 25**

**Feb 1 – Feb 22**

7:30 – 8:30 pm

**4 weeks**

**4 weeks**

Chen Style Tai Chi – *Continuing*

## THURSDAY

### Royal Oak Senior Community Center

(248) 246-3900

### **Royal Oak Senior Community Center**

3500 Marais Ave, Royal Oak

**Jan 5 – Mar 23**

9:15 – 10:00 am

**12 weeks**

Chen Style Tai Chi Chuan – *Beginners & Continuing*

### Royal Oak Recreation

(248) 246-3180

### **Keller Elementary Gym**

1505 N Campbell Rd, Royal Oak

**Jan 12 – Mar 23**

6:30 – 7:30 pm

7:30 – 8:30 pm

8:30 – 9:30 pm

**11 weeks**

Yang Family Tai Chi Chuan – *Beginners 2 (Brian)*

Chen Style Old Form – Continuing

Short Staff solo + Yang Style Tai Chi Saber & Sword

## SATURDAY

### West Bloomfield Parks & Recreation

(248) 451-1900

### **Drake Sports Park**

6801 Drake Rd, West Bloomfield

**Jan 14 – Feb 25**

**Mar 11 – Apr 15**

9:00 am – 10:00 am

10:00 am – 11:00 pm

11:00 am – 12:00 pm

**7 weeks**

**6 weeks**

Yang Family Tai Chi Chuan – *Beginners (1)*

Yang Family Tai Chi Chuan – Continuing

Yang Family Tai Chi Chuan Saber + Other Foundation Exercises