

SECOND TAI CHI CLASS ADDED!

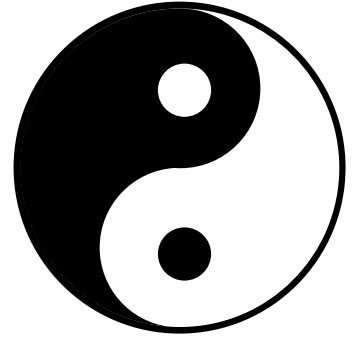
Introductory Tai Chi (Yang Style 24)

Tuesdays 9:00 – 10:00 a.m. January 6th – February 24th.

***Fee: \$64 total for 8 weeks (minimum of 7 participants required).**

Thursdays 5:30 – 6:30 p.m. January 8th – February 26th.

***Fee: \$64 total for 8 weeks (minimum of 7 participants required).**



Women's Group

The goal of this confidential group is to improve overall health and wellbeing in a supportive community. This will be a safe space to “just be” without judgement, pressure, or any form of physical critique. Meetups will include 45 – 60 minutes of exercise, music and physical activity followed by potluck refreshments over themed discussion. All levels are welcome. The group will meet privately in the community lounge with the door frame decorated for privacy. This is a great way to kick off 2026! **Saturdays 9:30 – 11:00 a.m. January 3rd – January 31st.**

***Fee: \$60 total for 5 weeks (minimum of 5 participants required). RSVP by 1/1/26**

Flexibility & Vitality (Private Couples Stretch 3-pack)

Explore new ways to connect with partner-assisted stretch! Chesna will assess each partner's range of motion, choreograph the proper stretch sequence, and then show the couple how to safely stretch or assist each other using proper alignment, body weight and their physical environment. This service is highly confidential and only offered in the home. A massage gun is suggested but not required. Packages consist of three 60-minute sessions. **Holiday gift certificates are available. *Fee: \$240.00 per 3-pack**

**Payment info: Payment required in full. All forms of payment accepted. Transaction fee applies for credit card payments. No additional fees for Zelle payments.*



For information about classes, private personal training and coaching, or to sign up, please contact Chesna at 646.565.0646 or Chesna@FitEsteem.com