



FOR YOUTH DEVELOPMENT™
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

FIND YOUR ZEN



Ai Chi Water Exercise Class **A. C. LEWIS YMCA**

Ai Chi , similar to Tai Chi, has been shown to help ease the symptoms of arthritis, COPD, chronic pain, diabetes, fibromyalgia, balance deficits, multiple sclerosis, and other neurological and orthopedic problems.

Join certified Ai Chi instructor Kelli Kirkland Gueho, PTA, CPT, MS, CL for pain-free, relaxing movements, and breathing techniques—which can lead to better health and wellness!

6-Week Session
April 10th to May 17th; 10:30–11:00am on T & Th.
Members: \$25; Participants: \$65

Register at the Front Desk by April 9th!

Contact Dr. Janene Grodesky at 225-924-3606 ext. 1407 or jgrodesky@ymcabr.org



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Ai Chi Registration - ends April 9th

6-week session meets Tuesday and Thursdays 10:30—11:00 am
Begins April 10th

Name: _____ Phone: _____

Email: _____

Address: _____ Zip: _____

Emergency contact name: _____

Phone: _____

Member—\$25.00 _____ Participant—\$65.00 _____

I recognize that participation in YMCA activities may expose myself to some risk. I agree to hold the YMCA harmless from any claims for damage to property or injury, which may occur through participation in any activity at the YMCA or in its programs. The YMCA reserves the right to use photographs taken of program participants and their family for marketing and publicity. I have read and understand the above information. My child has permission to participate in this YMCA program.

Signature

Date

YMCA of the Capital Area Mission: To put Christian principles into practice through programs that build healthy spirit, mind and body for all.

Scholarships are available for all YMCA programs based on financial need and availability of funds.