

**TAI CHI
LOCAL AREA CLASSES**

	DAY	TIME	LOCATION	STYLE(S)	FEE	Students	CONTACT INFO
C	Monday	9-10AM	PV Active Adult Center (CASA) 9360 E Manzanita Prescott Valley, 86314 928-772-3337	Yang Modified 10 Form, Simplified 24 Form	Member \$2 Non-Member \$5	Yes	Sue Counts sueb09@ymail.com Call Center for Schedule
	Monday	10-11:15AM	Yavapai College Lifelong Learning- Community Education	Yang Simplified 24 Form	Winter/Spring Semesters	Yes	Larry Bates 310-897-3143 Lb400@att.net
	Tuesday	8-10AM	Quailwood Community Center 12725 E Bradshaw Mountain Rd Dewey, AZ 86327	Primarily Yang	\$5 per session or \$20 per month	Yes	David Hurlbut 714-609-9282 Dwhurlbut@gmail.com
	Tuesday	10-11AM	Dewey-Humboldt Library	Yang Style 24 Form; Medical Qigong	Call to check Availability		Tony Aparo 253-208-0779 aparo1800@gmail.com
	Tuesday	10:30-11:30 AM	Adult Center of Prescott 1280 E Rosser St, Prescott 928-778-3000	Yang Simplified 24 Form, Wudang, Therapeutic Forms 1 & 2, Sun/Yang	Adult Ctr Member \$8 Non-Member \$10	Yes	Bryan Karabaich Taijichuan.Bryan@gmail.com
	Tuesday	4:00-5:00 PM	Adult Center of Prescott 1280 E Rosser St, Prescott 928-778-3000	Yang 108 – Long Form	Call to check rates	Yes	Larry Bates 310-897-3143 Lb400@att.net
	Wednesday	7:30AM	Elks Performing Arts Center (Second Floor Dance Studio) 117 E Gurley St, Prescott AZ 86301	Yang	\$10 (1 st Class FREE)	Yes	TJ Fritz, LMT, Cert. Acupressure 602-741-5265 tjfritzre@gmail.com ocg.massagetherapy.com
	Wednesday	10-11AM	Mayer Recreation Center Directly Across from the Mayer Library	Simplified 24 Form, Yang Style	Free – Sponsored by Yavapai County Library		Tony Aparo 253-208-0779 aparo1800@gmail.com
	Wednesday	12:30-1:20 PM	Elks Theatre 2 nd Floor Downtown Prescott	Pushhands	\$10.00	Yes	Sifu Pete Voll Int'l Cert. Instructor 540-333-6792 fullmoontaichi@gmail.com www.fullmoontaichi.org
	Wednesday	1:30-2:40 PM	Elks Theatre 2 nd Floor Downtown Prescott	Traditional Yang Family followed by Form practice	\$10.00	Yes	Sifu Pete Voll Int'l Cert. Instructor 540-333-6792 fullmoontaichi@gmail.com www.fullmoontaichi.org

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Thursday	7:30-8:30 AM	OCG Health Therapies 1024 Willow Creek Rd, Prescott AZ 86301	Taiji Qigong	\$10.00	Yes	TJ Fritz, LMT, Cert. Acupressure 602-741-5265 tjfritzre@gmail.com ocg.massagetherapy.com
Thursday	8-10AM	Quailwood Community Center 12725 E Bradshaw Mountain Rd Dewey, AZ 86327	Primarily Yang	\$5 per session or \$20 per month	Yes	David Hurlbut 714-609-9282 Dwhurlbut@gmail.com
Thursday	10-11AM	Dewey-Humboldt Library	Yang Style 24 Form; Medical Qigong	Call to check Availability		Tony Aparo 253-208-0779 aparo1800@gmail.com
Thursday	10:30-11:30 AM	Adult Center of Prescott 1280 E Rosser St, Prescott 928-778-3000	Yang Simplified 24 Form, Wudang, Therapeutic Forms 1 & 2, Sun/Yang	Adult Ctr Member \$8 Non-Member \$10	Yes	Bryan Karabaich Taijichuan.Bryan@gmail.com
Thursday	1:00-1:50 PM	Chino Valley Community Center	Traditional Yang Family 103	\$10.00	Yes	Sifu Pete Voll Int'l Cert. Instructor 540-333-6792 fullmoontaichi@gmail.com www.fullmoontaichi.org
Thursday	4:00-5:00 PM	Adult Center of Prescott 1280 E Rosser St, Prescott 928-778-3000	Yang 108 – Long Form	Call to check rates	Yes	Larry Bates 310-897-3143 Lb400@att.net
Friday	8:45-9:45AM	Prescott Country Club 1133 Old Chisholm Trail, Dewey	4 Arthritis & Fall Prevention, Sun Style, Yang Style Tai Chi and Qigong	FREE Donations Accepted	Yes	David Hurlbut 714-609-9282 Dwhurlbut@gmail.com
Friday	10-11AM	Mayer Public Library	Yang Style 24 Form; Medical Qigong	Call to check Availability		Tony Aparo 253-208-0779 aparo1800@gmail.com
Friday	1-2:10PM	Elks Theatre 2 nd Floor Downtown Prescott	Traditional Yang Family 103 followed by Form practice	\$10.00	Yes	Sifu Pete Voll Int'l Cert. Instructor 540-333-6792 fullmoontaichi@gmail.com www.fullmoontaichi.org
OTHER:						
Varies	Varies	Yavapai County	Tai Chi for Arthritis and Fall Prevention, 8- 12 week series	Free	Yes	For class location/time, contact: Rachel Mills rachel.mills@yavapaiaz.gov 928-442-5372