

CENTRAL IOWA AREA TAI CHI AND YOGA CLASSES

LOCATION	WHEN	COST	CONTACT INFO
Ankeny Congregate Meal Site 406 SW School St., Ste. 104 Ankeny IA 50009	<u>CHAIR YOGA</u> Thursday: 11:00-11:20 a.m.	Free	515-963-0527
Ankeny Family YMCA 1102 N. Ankeny Blvd. Ankeny IA 50023	<u>CHAIR YOGA</u> Thursday 11:00 – 11:20 a.m.	Free for Y members	515-965-8800
Des Moines Eagle Claw Kung Fu & Tai Chi School 2318 60 th St. Des Moines IA 50322	<u>TAI CHI</u> Mon. Wed. Thur.: 10:30 - 11:30 a.m. Tues.-Thur.: 8:00 – 9:00 p.m. Sat: 9:00 – 10:00 a.m.	Call for details. More sessions available upon request.	515-556-5129 sifuwalth@dmeagleclaw.com
Des Moines University 3200 Grand Ave. Des Moines IA 50312	<u>TAI CHI</u> Tuesday & Thursday 3:00 – 4:00 p.m.	16 Classes for \$75	515-271-1717 https://www.dmu.edu
East Side Library 2559 Hubbell Ave. Des Moines IA 50317	<u>TAI CHI</u> Days/times vary. Call for details.	Free	515-283-4152
Heartland Senior Svcs 205 S Walnut Ames IA 50010	<u>TAI CHI</u> Tuesday & Thursday 8:15–9:00 a.m. (Intermediate); Tuesday & Thursday 9:00–9:45 a.m. (Beginners)	\$20 per month	515-233-2906
Indianola YMCA 306 E Scenic Valley Ave. Indianola IA 50125	<u>TAI CHI</u> Thursday 8:30 – 9:15 a.m.	Free for Y members	515-777-7746
Iowa Methodist Medical Center Powell 5 Conf Rm 1200 Pleasant St Des Moines IA 50309	<u>TAI CHI</u> Monday & Wednesday Oct. 1- Nov. 21 3:30 – 4:30 p.m. (Beginners)	\$25 for 8 weeks or 16 sessions	515-241-6893 Brian.feist@unitypoint.org South side of Woodland Ave., under the blue awning, 5 th floor
John R Grubb Community YMCA 1611 11 th St. Des Moines IA 50314	<u>TAI CHI</u> Thursday 10:00 – 11:00 a.m. <u>CHAIR YOGA</u> Tuesday 11:00 – 11:50 a.m.; Thursday 11:30 – 12:20 a.m. <u>GENTLE YOGA</u> Thursday 9:00 – 10:00 a.m.	Free for Y members	515-426-0791
Johnston Dining Site 6300 Pioneer Pkwy Johnston IA 50131	<u>TAI CHI</u> Thursday 11:00 a.m.	Limited space. Call first. Sign up for 6 week class.	515-251-3707
Mercy Health & Fitness Center 12493 University Ave Clive IA 50325	<u>TAI CHI</u> Tuesday & Thursday 1:00 p.m. <i>Call for details.</i>	Free for Y members and Silver Sneakers	515-226-9622 www.mercyhealthfitness.com

LOCATION	WHEN	COST	CONTACT INFO
North Senior Center 3010 6 th Ave Des Moines IA 50313	<u>TAI CHI</u> Tuesday 9:15 a.m.	Free	515-288-1524
North Side Library 3516 5 th Ave Des Moines IA 50313	<u>TAI CHI</u> Once per month. Call first. Days/times vary.	Free	515-283-4152
Senior Care of Iowa Enrichment Center 100 Euclid Ave, Park Fair Mall, Lower Level, Room 150 Des Moines IA 50313	<u>TAI CHI</u> Tuesday & Thursday 1:15 – 2:00 p.m.	Free; donation suggested	515-779-7815
South Suburban YMCA 401 E Army Post Rd Des Moines IA 50315	<u>TAI CHI</u> Thursday 9:45–10:40 a.m. <u>CHAIR YOGA</u> Tuesday 8:45 -9:30 a.m.; Thursday 8:45-9:30 a.m.; Sunday 1:00-2:00 p.m. <u>GENTLE YOGA</u> Monday 6:35-7:30 p.m.	Free for YMCA members	515-285-0444 www.dmymca.org
Southside Senior Center 100 Payton Ave Des Moines IA 50315	<u>TAI CHI</u> Tuesdays & Thursdays in <i>November</i> <u>CHAIR YOGA</u> October 4 th & 18 th 9:00-10:00 a.m.	Free	515-287-0092
Urbandale Senior Center 7305 Aurora Ave Urbandale IA 50322	<u>TAI CHI</u> Wed & Friday 8:30 – 9:15 a.m. & 9:15 – 9:55 a.m.	Free	515-278-3907 seniorcenter@urbandale.org
Valley Community Center 4444 Fuller Rd West Des Moines IA 50265	<u>TAI CHI</u> Mondays & Thursdays <i>Call for details.</i>	Punch cards may be purchased: \$15 for 5 classes or \$30 for 10 classes	515-327-6000 gcarlson@valleycommunitycenter.com
Walnut Creek Family YMCA 948 73 rd St Windsor Hts IA 50315	<i>Call for class information.</i>	Free for Y members	515-224-1888
Waukee Family YMCA 210 N Warrior Lane Waukee IA 50263	<u>TAI CHI</u> Monday 8:20-9:20 a.m. Saturday: 9:30–10:20 a.m.	Free for Y members	515-987-9996
Wellmark YMCA 501 Grand Ave Des Moines IA 50309	<u>TAI CHI</u> Wednesday 6:45 – 7:45 p.m.; Thursday 9:00 -10:00 a.m.; Saturday 8:00 – 9:00 a.m.	Free for Y members	515-282-9266
Wesley Acres 3520 Grand Ave Des Moines IA 50312	<u>TAI CHI</u> Call first.	(Not offering at this time, but may start again.)	515-271-6500 mpaulson@wesleylife.org