

American Tai Chi Acacemy Classes - Winter 2025

Classes are listed in local time.

Denver Metro

Location	Class	Day and Time	Dates
Washington Street Community Center 809 S. Washington Street, Denver, CO 80209	Introduction to Tai Chi NEW	Tuesday 10 - 11:30am	1/21/25 thru 2/25/25
	Set Review and Foundations of Tai Chi	Tuesday 10 - 11:30am (blended)	Ongoing
Leedom Hall	Lok Hup Practice	Tuesday 11:30am - noon	Ongoing
	Set Review and Foundations of Tai Chi	Wednesday 7 - 8:30pm	Ongoing
	Lok Hup Practice	Wednesday 8:30 - 9pm	Ongoing
	Set Review and Foundations of Tai Chi	Thursday 10 - 11:30am	Ongoing
	Tai Chi Intensive	2nd Friday 7 - 9pm	1/10/25, 2/14/25, 3/14/25
	Lok Hup Ba Fa - First Half	Saturday 2 - 3:30pm	Ongoing
	Lok Hup Ba Fa - Second Half	Saturday 3:30 - 4pm	Ongoing
	Sword Practice	Saturday 4:15 - 5pm	1st & 3rd Saturdays
Saber Practice	Saturday 4:15 - 5pm	2nd & 4th Saturdays	
	Introduction to Tai Chi (part two)	Sunday 2 - 3:30pm	thru 1/26/25
	Set Review and Foundations of Tai Chi	Sunday 2 - 3:30pm (blended)	Ongoing

Tampa Bay

Location	Class	Day and Time	Dates
St. Clement's Episcopal Church 706 W 113th Ave, Tampa, FL 33612	Set Review and Foundations of Tai Chi	Tuesday 6:30 - 8:30pm* *except for the 2nd Tuesday 2nd Monday 6:30 - 8:30pm	Ongoing
	Introduction to Tai Chi NEW	Friday 9:15 - 10:30am	1/17/25 thru 2/28/25
	Set Review and Foundations of Tai Chi	Friday 10:30 - 11:45am	Ongoing
	Lok Hup Ba Fa	Friday 11:45am - 12:30pm	Ongoing

Valdosta

Location	Class	Day and Time	Dates
Valdosta State University Recreation 1300 Sustella Ave, Valdosta, GA 31601	Introduction to Tai Chi <i>through Learning in Retirement @ VSU</i>	TBC	TBC
	Set Review and Foundations of Tai Chi	Monday 11am - 12:30pm Thursday 11am - 12:30pm	Ongoing

Additional Classes - Fall 2024

Location	Class	Day and Time	Dates
Jackson County Council on Aging Jackson County Park, Scottsboro AL	Introduction to Tai Chi for Seniors	email for details	
Sialom Springs Park and Rec Sialom Springs AR	Introduction to Tai Chi	email for details	
Memorial Hall Hotchkiss CO	Introduction to Tai Chi	email for details	
Abiquiu NM	Introduction to Tai Chi	email for details	