


FOLSOM LAKE COLLEGE
EL DORADO CENTER • RANCHO CORDOVA CENTER
Kinesiology, Health & Athletics Department



Tai Chi

Fitness 414

Mon /Wed 2:30 PM - 3:50 PM

*For Class Registration - www.flc.losrios.edu
Folsom Lake College (916) 608-6500*

*Tai Chi focuses on body awareness and fluidity of movement.
The course shall underscore relaxation and stress management skills.
As a martial art Tai Chi improves concentration, mental focus.
Taoist, Confucian & Buddhist concepts shall be surveyed for their
application in introspective psychology, physical health, and vigor.*

