



CHI CLASSES 2016

Chi (pronounced "chee") exercise is based on qigong, and tai chi, ancient mind/body exercise systems from China that can help:

- Reduce stress
- Improve balance
- Promote flexibility
- Lower blood pressure
- Build stamina
- Increase vitality
- Enhance the immune system



Chi Schedule for 2016 Brought to you by the Coshocton Public Library

Winter Chi	Thursdays January 14–February 25	12:00–1:00 pm	Roscoe Methodist Gym
Spring Chi	Thursdays, March 31–May 12	9:00–10:00 am	Roscoe Methodist Gym
Summer Chi	Thursdays, June 2–July 7	9:00–10:00 am	Roscoe Methodist Gym
Autumn Chi	Thursdays, Sept. 8–Oct. 20	9:00–10:00 am	Roscoe Methodist Gym
Holiday Chi & Tea	Thursday, Dec. 15	12:00–2:00 pm	CPL Large Meeting Room

Chi Schedule for 2013
At the Coshocton Public Library

Winter Chi	Thursdays January 10–February 14	12:00–1:00 pm	CPL Large Meeting Room
Spring Chi	Thursdays, March 21–April 25	9:00–10:00 am	CPL Large Meeting Room
Summer Chi	Thursdays, June 20–August 1	9:00–10:00 am	Clary Gardens
Autumn Chi	Thursdays, Sept. 19–Oct. 31	9:00–10:00 am	CPL Large Meeting Room
Holiday Chi	Thursdays, Dec. 5–19	12:00–1:00 pm	CPL Large Meeting Room

Chi Schedule for 2013
At the Coshocton Public Library

Winter Chi	Thursdays January 10–February 14	12:00–1:00 pm	CPL Large Meeting Room
Spring Chi	Thursdays, March 21–April 25	9:00–10:00 am	CPL Large Meeting Room
Summer Chi	Thursdays, June 20–August 1	9:00–10:00 am	Clary Gardens
Autumn Chi	Thursdays, Sept. 19–Oct. 31	9:00–10:00 am	CPL Large Meeting Room
Holiday Chi	Thursdays, Dec. 5–19	12:00–1:00 pm	CPL Large Meeting Room

Chi Schedule for 2013
At the Coshocton Public Library

Winter Chi	Thursdays January 10–February 14	12:00–1:00 pm	CPL Large Meeting Room
Spring Chi	Thursdays, March 21–April 25	9:00–10:00 am	CPL Large Meeting Room
Summer Chi	Thursdays, June 20–August 1	9:00–10:00 am	Clary Gardens
Autumn Chi	Thursdays, Sept. 19–Oct. 31	9:00–10:00 am	CPL Large Meeting Room
Holiday Chi	Thursdays, Dec. 5–19	12:00–1:00 pm	CPL Large Meeting Room