

# TAI CHI SCHEDULES



EFFECTIVE 1/5/2026	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>TREXLERTOWN</b>	7150 HAMILTON BLVD, SUITE 190, TREXLERTOWN   CALL: 484-460-1774				
<b>7:30-8:30pm</b>		Tai Chi		Tai Chi	
<b>EMMAUS</b>	544 JUBILEE ST, EMMAUS   CALL: 610-966-2270				
<b>10:00-11:00am</b>		Tai Chi - All Levels		Tai Chi - All Levels	
<b>7:00-8:00pm</b>	Tai Chi - All Levels		Tai Chi - All Levels		
<b>8:00-8:30pm</b>	Black Sash		Black Sash		
<b>8:30-9:00pm</b>	Concepts		Concepts		
<b>BETHLEHEM</b>	2910 EASTON AVE, SUITE 10, BETHLEHEM   CALL: 610-984-1029				
<b>10:30-11:30am</b>			Tai Chi - All Levels		Tai Chi - All Levels
<b>11:30am-12:00pm</b>			Black Sash		Black Sash
<b>7:00-7:30pm</b>		Black Sash		Black Sash	
<b>7:30-8:30pm</b>		Tai Chi - All Levels		Tai Chi - All Levels	

Emmaus Tai Chi are classes also available on Zoom – see [lvmanow.com](http://lvmanow.com) or your Program Director.