

FEELING FIT WITH MAXWELL!

New Year's resolutions are right around the corner...and every year the most requested resolution is to get in shape! The Maxwell Adult Center has programming to help your mind, body and soul! Check out Yoga with Carey and/or Tai Chi with Peggy! See below for specific dates/times of classes and prices. Currently, both classes are being offered virtually.

Yoga with Carey

Yoga will be offered at 10am via WebEx on the following dates:

Tuesday, January 5
Thursday, January 7
Tuesday, January 12
Thursday, January 14
Tuesday, January 19
Thursday, January 21
Tuesday, January 26
Thursday, January 28

If you are interested in joining you may call the Community Center at 281-478-2050 in order to pay the \$40 fee over the phone. You may also email the instructor at prof20065@aol.com if you have any questions.



Tai Chi with Peggy



Channel your inner chi to start your day relaxed and refreshed with Tai Chi instructor Peggy Kelso. Classes will be offered on Monday's and Wednesday's from 9am-10am via WebEx on the following dates:

Monday, February 1
Wednesday, February 3
Monday, February 8
Wednesday, February 10
Monday, February 15
Wednesday, February 17
Monday, February 22
Wednesday, February 24

***one free class will be provided on Wednesday, January 27, 2021. If interested, please contact the Maxwell Center to register by January 25, 2021 at 3pm.**

If you are interested in joining you may call the Community Center at 281-478-2050 in order to pay the \$40 fee over the phone. You may also email the instructor at pkelso@aol.com