

# Health, Fitness & Mindfulness

## *Build a Better You*



**Tai Chi with  
Master James Keenan**  
Saturdays, July 1 - August 26  
9:30 - 10:30 a.m.  
Main Library - Banx Room

**Zumba**  
Saturdays, July 8, 15, 22, 29  
& August 12, 19, 26  
10:40 - 11:40 a.m.  
Main Library - Banx Room



**Lunchtime Meditation**  
Tuesdays, July 11, 18, 25  
& August 1  
12 - 1 p.m.  
Main Library - Saxe Room

Register online at [mywpl.org](http://mywpl.org) or call 508-799-1655 ext. 3.  
See back page for all the details!

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The City of Worcester is committed to principles of equal opportunity and affirmative action.

## **Tai Chi with Master James Keenan**

**Saturdays, July 1 - August 26**

**9:30 - 10:30 a.m.**

**Banx Room**

Join us for free Tai Chi classes with Master Jim Keenan at the Main Library. These classes are designed for all ages and all fitness levels. Wear loose-fitting clothing and comfortable shoes, and you'll be good to go. These classes will provide basic Chinese exercises for cultivation of health and inner well being. While previous taiji practice may be helpful, no previous skill is required. Sessions will be suitable for all ages and physical conditions and allowances will be made for participants who must practice while seated.

Jim Keenan is an internationally recognized master who has been teaching taiji and Chinese internal arts for 45 years.

## **Zumba**

**Saturdays, July 8, 15, 22, 29 & August 12, 19, 26**

**10:40 - 11:40 a.m.**

**Banx Room**

Zumba classes are for ages 12 and older. Wearing work-out clothes and sneakers is recommended. And remember to bring water!

Zumba is a high energy, calorie-burning fitness class that uses pop and Latin music to create a dance-party atmosphere. Low-intensity and high-intensity moves are easy to follow for all level participants who can set their own pace.

Alina Khaspekov is a certified Zumba instructor with over 3 years experience teaching Zumba and Zumba Tone classes.

## **Lunchtime Meditation**

**Tuesdays, July 11, 18, 25 & August 1**

**12 - 1 p.m.**

**Saxe Room**

Mindful meditation is simple and can positively impact our health and sense of well-being. The hardest part is making time to practice. Whether you are learning for the first time or have been practicing for years, you are welcome to join us for these one-hour guided meditation practices. These mini-retreats begin with a brief explanation of the style of meditation to practice in that session. There will be a few minutes for question and answers then the rest of the practice will begin. Bring your own mat or cushion.

Led by Ginny Wholley, an experienced leader and coach who was trained by the University of Massachusetts Medical School's Center for Mindfulness.