



The Chinese Association of Greater Toledo Tai Chi Club

Who Are We?



The Chinese Association of Greater Toledo Tai Chi Club is part of the Chinese Association of Greater Toledo (CAGT). CAGT is a nonprofit and 501(c) (3) tax-exempt organization. CAGT membership is open to anyone who is interested in CAGT's activities or desires to learn about China, Chinese culture and language. For more information about CAGT and CAGT membership please visit <http://toledochinese.org/>

The CAGT Tai Chi Club offers anyone the opportunities of learning Tai Chi and Qi Gong. Our mission is to promote the awareness of Tai Chi and Qi Gong as excellent exercises for relaxation and the achievement of physical and mental health. We also want to improve our Tai Chi performance and serve the community through demonstrations. Our members can perform Tai Chi forms 8, 13, 24 and 42, Tai Chi Gong Fu Fan, Tai Chi Double Fan, and Tai Chi Pearl, as well as other forms of Tai Chi and Qi Gong.

Tai Chi & Qigong Class Schedule

Winter/Spring 2024 Class: Jan 7 – May 19, 2024
Sunday, 10:30 am – 12:00 Noon (Zoom Class Only)
Wednesday, 8:00 pm – 9:00 pm (Zoom Class Only)

<https://us02web.zoom.us/j/8714738968>
Password: 758614

Class free & open to anyone who is interested in Tai Chi & Qigong

Contact Information

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