



TAI CHI



STARTS

MAY 2011

MONDAY'S 11.30AM-12.30PM

TUESDAY'S 7.00AM-8.00AM

Designed for all AGES

Generates movement using your whole body and mind under control and also co ordinate's breathing
Assist with balance and joint control to aid posture!

Feel revitalized !!!!!!!!!!!



Charnwood

South Charnwood Leisure Centre
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