



Judo Tai-Chi & More

TAI-CHI

IT WORKS YOUR BODY, MIND,
&
INNER STRENGTH & SERENITY

LEARN AT YOUR OWN PACE, IN OUR CLASS YOU DON'T
HAVE KEEP UP WITH ANYONE, **YOU CONTROL**
HOW MUCH & HOW FAST YOU WANT TO LEARN.

IT IS SOMETHING YOU CAN DO **ANYWHERE**
ON A BEACH, IN THE WOODS, AT HOME

TAI-CHI NOT ONLY WORKS AT RELIEVING STRESS
BUT IT'S GREAT AT STRENGTHENING THE
MUSCLES & JOINTS

IT HELPS YOU MOVE EASIER, IT HELPS YOUR ARTHRITIS
&
OTHER HEALTH RELATED ISSUES

Monday, Wednesday & Friday from 10:30 to 11:30 am
Monday & Wednesday from 6:30 to 7:30 pm

110 Anne St S unit # 9

728-0624

www.allroundhealthandfitness.ca