



Tai Chi



Thursdays @ 9:30 – 10:30 am

Jan 10th – Feb 28th

8 Classes

55+ Activity Center (Odd Fellows Hall) 374 1st Street W

Please sign up by Tuesday, January 8th

Members \$ 85

Non Members \$95

Instructed by: Rick Williamson, a 7th degree black belt in self-defence Martial Art of Jujitsu. With over 55 years of experience in a variety of art forms and many accomplishments and awards to his name.

This program will have a variety of focuses including; strength, mobility, flexibility and balance.

Call 55 Plus @ 467-2582 to Register

Minimum of 6 registrants required

