Beginner Tai Chi

Introducing the basics of Tai Chi study.

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Increase balance, stability & efficiency in movement.

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Gain understanding of how you move and why it is important to pay close attention to the way we move

All Abilities Welcome

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Mondays & Wednesdays

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5:15-6:15pm

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Included with a fitness rider or punch cards are available

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Lead by Briony Hunn

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