



a unique and innovative community centre

Chair Tai Chi



Chair Tai Chi is a gentle, low impact form of exercise. Each class includes a series of guided movements that will leave you feeling relaxed and limber. Drop-in is available for \$4 per class.

Mondays 1:15-2:15pm

March 22-April 6 5/\$15

May 3-June 21 8/\$24

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