

   TAI JI QUAN (THURSAY)



TIME:                                0930 - 1100

VENUE:                             KEILOR SPORTS CLUB ROOMS,

                                          OLD CALDER HWY, KEILOR

CONVENER:                    Georgie Hall

Helps to improve your balance, strengthen your muscles and reduce your risk of falling using tai ji quan (also known as tai chi) learning movements in a class environment which will help you stay mobile and independent

Benefits of the Class

* Professional Instructor - Ellen Maieron
* Build strength and increase postural control and range of motion
* Increase awareness of body positioning
* Control your centre of gravity to prevent falls
* Maintain functional capabilities that will help you remain independent
* Make rewarding social connections
* Tea and coffee provided after class
* Cost: $5.00 per class

Please come and enjoy a class with us at the Keilor Sports Club Rooms.