

TAI CHI CHAUN

RING: 0704 0900023

WEBSITE: [HTTP://TAIJIFIT.COM](http://TAIJIFIT.COM)



太極健
TaijiFit.com

Taiji Fit

Be Fitter, Energetic, Flexible and Balanced.

Tai Chi Chuan will help with:

**Muscle Strength, Flexibility, Balance,
Aerobic Benefits, Arthritis, Bone Density,
Hypertension, Heart Problems, Stroke,
Rehabilitation, Stress, Anxiety and Confidence**

Join in the fun

Avoncroft Arts Centre,
Redditch Road,
Stoke Heath,
Bromsgrove,
Worcestershire B60

Every other Saturday
See website for dates

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Style - Cheng Man Ching
Clothing and Foot Wear – Comfortable and Flat
Age Group – Adults Only (30 and beyond)