



**TAI CHI every Monday
9.30 to 11am**

Suitable for everyone who enjoys slow exercises

St Clements Church Hall, Skegness

Activities include

WU, BADUANJIN, SUN AND SHAOLIN FORMS

Grading available for £5 per sash - Pass Books cost 50p

TAI CHI [SEATED] PLUS GAMES, FUN,

LAUGHTER AND RELAXATION

Cost is £1 a week

Come along or phone Glennis for more details 01754 610726