

# Tai Chi for Health Beginners Class

Core movements (for the very beginner)

6 week term

Starts 21 February 2011

each Monday at 8.45am for 9am start

(Excluding School & Public holidays)

please arrive 15mins prior to class for registration

Full \$60 Concession \$54

Discount for QKFA Inc members Full \$48 Concession \$42

QKFA annual membership Full \$30 Concession \$25

Join in a safe, extremely fun exercise class that is ideal for stress, arthritis and diabetes management. Designed to be done standing or sitting. Work within your comfort zone. **Term fees apply.**

Followed by Advanced & Extension classes (8 week term)

South West Mackay Neighbourhood Centre,  
Cnr Clements & Pompey Streets

*For more information &  
to book your place,*

**Leanne Simpson**

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Registered & Certified Tai Chi for Arthritis

Instructor Member of

Queensland Keep Fit Association Incorp

**Relieves stress**

**Arthritis Foundation approved**

**Meet new friends**

**Stand or sit**

**Safe & Fun**

