



Tai Chi Class

- 1 hour session at Redbourn Recreation Centre, 75 Dunstable Road, Redbourn AL3 7PP
- Session led by a qualified instructor
- Mondays beginning 23 January 2012 2:30-3:30pm
- Suitable for beginners

**Only £40
for 8
weeks**

For more information, or to book a place, please call Paul Sands at Redbourn Recreation Centre on 01582 626202
email: paul.sands@btinternet.com