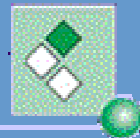


TAI CHI



DC Leisure Centres

Tai Chi Qigong for health

Sessions are ideal for those considering improving their health but are unable to do regular fitness classes or gym work.

Normally associated with older people, tai chi is actually ideal for every age group whatever your fitness level.

DC Leisure Centres in Wiltshire offer weekly sessions (see below for class locations and times)

LEIGHTON RECREATION CENTRE, WESTBURY

WEDNESDAY & FRIDAY 9am-10am

CASTLE PLACE LEISURE CENTRE, TROWBRIDGE

FRIDAY 1130am-1230pm

WARMINSTER SPORTS CENTRE

FRIDAY 130pm-230pm

TROWBRIDGE SPORTS CENTRE, TROWBRIDGE

WEDNESDAY 6pm-7pm



**BOOKING YOUR PLACE
IS RECOMMENDED**