

TAI CHI FAMMA



Brampton Downtown – Since 1988
41 Main Street North
Brampton, Ontario Canada 905-450-9925

Brampton North - Since 2003
13 Fisherman Drive, Unit 8
Brampton, Ontario Canada 905-450-9927

Brampton South - Since 2013
7700 Hurontario Street, Unit 313
Brampton, Ontario Canada 905-230-9292

AMADOJO.COM

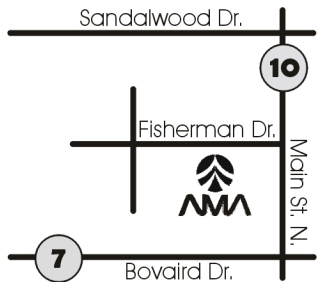


STAND STRONG
THE ACADEMY OF MARTIAL ARTS

Choose YOUR times
Choose YOUR days
Build YOUR program

For Only \$9⁰⁰ a class

BRAMPTON NORTH
13 Fisherman Dr.
905.450.9927



Monday
 7:30-8:20 p.m.
 Adult Tai Chi

Tuesday
 9:30-10:20 a.m.
 Adult Tai Chi

Tuesday
 7:15-8:05 p.m.
 Teen Tai Chi

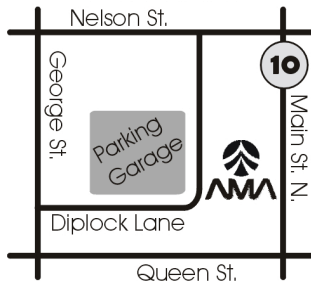
Friday
 9:30-10:20 a.m.
 Adult Tai Chi

Who is Tai Chi for?

The physical practice of Tai Chi is forgiving and flexible, allowing everyone, regardless of ability, to learn and advance.

If you are looking for improved balance, increased range of movement, mental acuteness, stress reduction, or just to be a part of something positive, then Tai Chi is for you.

BRAMPTON CENTRAL
41 Main Street North
905.450.9925



Wednesday
 8:15-9:05 p.m.
 Adult Tai Chi

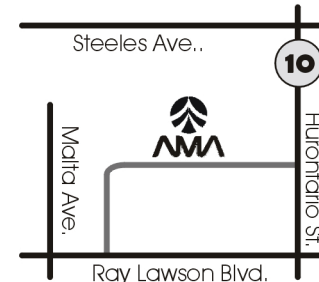
Saturday
 8:30-9:20 a.m.
 Adult Tai Chi

Tai Chi at the Academy of Martial Arts

We teach a system of Tai Chi that utilizes large patterns to promote a healthy range of movement. Focusing on joint flexibility over muscular elasticity these activities help to prevent the injuries that are most often associated with restricted movement or age.

Each class consists of a light warm up comprised of balance drills, isolated movement exercises and focused breath work. Paired with the technical training of the Tai Chi form our classes promote understanding of good movement and increased body awareness.

BRAMPTON SOUTH
7700 Hurontario St.
905.230.9292



Thursday
 12:00-12:50 p.m.
 Adult Tai Chi



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