

# Hurstbourne Tarrant Community Centre

**New Classes starting January 2025**

Spring Term: Monday 6<sup>th</sup> January - Monday 7<sup>th</sup> April



## Tai Chi

Monday

1.00-1.50

Gentle, easy to learn exercise to help flexibility, stability, balance and relaxation.



## ZUMBA®

Monday

2.00-2.50

Join the Zumba party that can help you get fitter while having fun!

Drop-in's Welcome. £8 per session.

Or choose a class pack for discounted pricing

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