



The Wimbledon Guild

Guild House, 30/32 Worple Road, Wimbledon SW19 4EF
020 8946 0735

Registered charity no 200424

TAI CHI

EXERCISE · RHYTHMS · FUN

**Gentle exercise
for over 50s
(no upper limit!)
with
Paul Crompton**

Paul's exercise class,
based on the traditional
Chinese technique,
improves balance,
co-ordination, and
relaxation.

It can help reduce the
effects of ageing and
prevent falls.



Monday 2 to 3pm
Thursday 10.30 to 11.30am

at Drake House, St George's Road,
Wimbledon SW19 (behind Guild House)

£2.50
per session

For more information,
call Jane - 020 8946 0735

www.wimbledonguild.co.uk