



**WINNIPEG  
GYMNASTICS  
CENTRE**

**171 SAMBORSKI  
DRIVE**

**WINNIPEG, MB  
R4G 0B3**

**OFF MCGILLIVARY  
LEFT ONTO BRADY RD.  
RIGHT ONTO VITRAN  
DR.**

**LEFT ONTO  
SAMBORSKI DR.**



# **TAI CHI CLASSES**

**TAUGHT BY: ARKADIY ISAKOV (ADIK)**

Our Tai Chi classes will be taught by Arkadiy Isakov (Adik) in which he has 20+ years of practice along with 12+ years of teaching for rehabilitation and healing for post-surgical procedures and more. He would love to show the benefits of practicing the art of Tai Chi through integrated yoga, and gigong. This class is practiced inside the gym on our 40x40 gymnastics sprung floor.

Rehabilitation and healing classes – these classes teach us how to get in touch with our bodies, mind and spirit through the practice of integrated tai chi, yoga, gigong, and gymnastics.

If you have any questions or would like further information on these classes, you can call us at **204-475-9872** or email us at **info@winnipeggymnasticscentre.com**.

**Starting January 10<sup>th</sup>  
Tuesdays + Thursdays**

**1:00-2:00pm**

**2:00-3:00pm**

**\$10/class or**

**\$85/10 classes**

