



BEDFORD
BOROUGH COUNCIL



Just
£3 per session

Steady & Social

The Perfect Balance

Tuesdays, 10.00am to 11.00am at The Higgins Bedford

Do you want to stay active in later life, concerned about your balance, strength and posture?

Our specially designed Tai Chi class will offer a gentle way to stay active and remain steady on your feet. Take part from a chair or standing. The gentle class will grow your confidence and develop your strength.



Ages 55 & upwards • All welcome • First come first served • #JustTurnUp

In the beautiful and relaxing gallery at The Higgins Bedford art gallery & museum
Arrive early on the day as it's first come first served, there is a max capacity for safety

Gentle Tai Chi on a rolling basis - come as often or as little as you like

Date / Time
Tuesday 5th March, 10.00am to 11.00am
Tuesday 12th March, 10.00am to 11.00am
Tuesday 19th March, 10.00am to 11.00am
Tuesday 26th March, 10.00am to 11.00am
Tuesday 2nd April, 10.00am to 11.00am
Tuesday 9th April, 10.00am to 11.00am
Tuesday 16th April, 10.00am to 11.00am
Tuesday 23rd April, 10.00am to 11.00am

Date / Time
Tuesday 30th April, 10.00am to 11.00am
Tuesday 7th May, 10.00am to 11.00am
Tuesday 14th May, 10.00am to 11.00am
Tuesday 21st May, 10.00am to 11.00am
Tuesday 28th May, 10.00am to 11.00am
Tuesday 4th June, 10.00am to 11.00am
Tuesday 11th June, 10.00am to 11.00am
Tuesday 18th June, 10.00am to 11.00am

01234 718829

robert.lindsay@bedford.gov.uk

www.bedford.gov.uk/sport





Steady & Social

The Perfect Balance

Mondays, 12.30pm to 1.30pm at Bedford Central Library

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Date / Time
Monday 4th March, 12.30pm to 1.30pm
Monday 11th March, 12.30pm to 1.30pm
Monday 18th March, 12.30pm to 1.30pm
Monday 25th March, 12.30pm to 1.30pm
Monday 1st April, 12.30pm to 1.30pm
Monday 8th April, 12.30pm to 1.30pm
Monday 15th April, 12.30pm to 1.30pm
Monday 22nd April - No Session

Date / Time
Monday 29th April, 12.30pm to 1.30pm
Monday 6th May - No Session
Monday 13th May, 12.30pm to 1.30pm
Monday 20th May, 12.30pm to 1.30pm
Monday 27th May - No Session
Monday 3rd June, 12.30pm to 1.30pm
Monday 10th June, 12.30pm to 1.30pm
Monday 17th June, 12.30pm to 1.30pm

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