

# Ai Chi Classes



## What is Ai Chi?

**Ai Chi is a specialized active form of aquatic therapy used for recreation, relaxation, fitness and physical rehabilitation. Ai Chi uses breathing techniques and progressive resistance training in water to relax and strengthen the body, based on elements of qigong and Tai chi.**

**Aquatic therapy is of particular value for sufferers of arthritis, chronic pain, lower back pain, breast cancer recovery, fibromyalgia and more..**

**Cost \$10/class**

N.B. each class is 30 min duration

## Where?

**Kings Swim School Deakin**

Mondays 2pm/Wednesdays 12 noon

**Kings Swim School Calwell**

Tuesday/Thursday 7.30am

**Call Kris on 0405 324 958**

**Body@  
Work**  
Physiotherapy

# Ai Chi Classes



## What is Ai Chi?

**Ai Chi is a specialized active form of aquatic therapy used for recreation, relaxation, fitness and physical rehabilitation. Ai Chi uses breathing techniques and progressive resistance training in water to relax and strengthen the body, based on elements of qigong and Tai chi.**

**Aquatic therapy is of particular value for sufferers of arthritis, chronic pain, lower back pain, breast cancer recovery, fibromyalgia and more..**

**Cost \$10/class**

N.B. each class is 30 min duration

## Where?

**Kings Swim School Deakin**

Mondays 2pm/Wednesdays 12 noon

**Kings Swim School Calwell**

Tuesday/Thursday 7.30am

**Call Kris on 0405 324 958**

**Body@  
Work**  
Physiotherapy