

## **FREE INTROS 2012:**

**Good Harvest Market —  
Pewaukee/Waukesha  
Jan 30, Mar 16, 2012**  
Monday 9:00—9:45 am  
1850 Meadow La (Hwy T & I-94)  
[www.goodharvestmarket.com](http://www.goodharvestmarket.com)

**Wisconsin Athletic Club  
Wauwatosa WAC:  
Dec 20, Jan 10, Feb 21**  
Tuesday 11:00—11:30 am  
8700 W. Watertown Plk Rd.  
[www.thewac.com](http://www.thewac.com)

**At Aurora Women's Pavilion —  
Jan 10, Feb 28, Mar 13**  
Tuesday, 5:00—6:00 pm  
Register: 262/662-1060  
8901 W. Lincoln Av West Allis  
Resilience Room  
[www.AuroraHealthCare.org](http://www.AuroraHealthCare.org)

**Wauwatosa Rec Dept  
Tosa West High School:  
Dec 19, Jan 30, April 16**  
Monday 6:00-7:00pm  
11400 W. Center St. Tosa

**G-Form Fitness  
Dec 28, Jan 25, Mar 14**  
Wed. 6:00—7:00 pm.  
19700 W. Bluemound, Brkfld  
[www.gformfitness.com](http://www.gformfitness.com)

**Enhancing Balance**  
Register: 262/662-1060  
**Jan 5, Jan26, Mar 15**  
Thurs 9:00—10:00 am.  
W249 s6680 Center, Waukesha  
[www.enhancingbalance.com](http://www.enhancingbalance.com)

**Manor Park Village**  
Register: 414/607-4277  
Tuesdays 3:15-4:15pm  
8536 W. Oklahoma Av, W. Allis

Register Early to insure space.  
Introductory classes are FREE.  
Regular classes start after  
intros —call for times and costs  
at each location.



# FREE Tai Chi Intro Classes

Please join Master Certified instructor,  
Pat Corrigan Culotti with students and experience  
this ancient art to learn first hand, why it has  
become so popular in today's modern world. This  
calm peaceful martial art develops supreme  
internal strength for the  
body, mind and spirit. You will be invited to  
participate and experience.

brought to you by:  
enhancing balance



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