

Tai Chi Center

of Madison est.1974



Classes Start September 4

Register Now !

www.taichicenterofmadison.com

608-663-8299

Try a Class for Free!

Discover relaxed concentration; effortless, powerful movement; and flowing, natural coordination that improves your health and everything you do. The following classes, starting September 4th are suitable for beginners.

Tai Chi

Mondays, 10:30 am - Tai Chi Fundamentals & ROM Dance

Mondays, 7:00 pm - Tai Chi Fundamentals

Tuesday, 9:30 am - Beginning Traditional Tai Chi

Thursdays, 5:30 pm - Beginning Traditional Tai Chi

Saturdays, 10:00 am - Beginning WCC Chen Tai Chi

Qigong

Mondays, 6:00 pm - Breathing Earth Qigong

See Full Schedule
& Registration on back!





Tai Chi Center of Madison

September 4 - December 22

(No Classes 9/27-30, 11/22)

B = *Beginners Welcome* DAYTIME EVENING

301 S. BEDFORD CLASSES

MONDAY

CODE

10:30 - 12:00 **B** Tai Chi Fundamentals & The ROM Dance RMA

6:00 - 7:00 **B** Breathing Earth Qigong (Steven Spiro) MQG

7:00 - 8:00 **B** Tai Chi Fundamentals 1 (Lvl 2: 7:00 - 8:30) FMP

TUESDAY

9:30 - 10:30 **B** Yang 1 Beginning Tai Chi

10:30 - 11:45 Yang 2-4 Intermediate - Advanced Tai Chi 4TA

5:30 - 6:30 **B** Yang 3-4 Advanced Tai Chi 4TP

6:30 - 7:30 Yang 2 Intermediate (Completion) Tai Chi 2TP

WEDNESDAY *See bottom of page for west side classes*

6:00 - 7:00 **B** Tai Chi Saber SWP

THURSDAY *(No Classes Sat., 9/27)*

5:30 - 6:30 **B** Yang 1 Beginning Tai Chi 1RP

6:30 - 7:30 Yang 3-4 Intermediate - Advanced Tai Chi 4RP

7:30 - 8:30 **B*** Sensing Hands *(Req: Previous or concurrent form class)* RSH

SATURDAY *(No Classes Sat., 9/29, 11/22)*

9:00 - 10:00 **B*** Sensing Hands *(Req: Previous or concurrent form class)* SSH

10:00 - 11:00 **B** WCC Chen's 60 Mvt's WCC

11:00 - 12:00 WCC Chen's Long Form SLF

Noon **B** Beginning Tai Chi Sword SSW

6333 ODANA RD. CLASSES (at SPACE)

WEDNESDAY

10:00 - 11:00 **B** Tai Chi Fundamentals FWA

5:30 - 6:30 **B** Tai Chi Fundamentals FWP

* Requires previous or concurrent form class.



← **Daytime Classes**
are in **white boxes**

← **Evening Classes**
are in **grey boxes**

← **Qigong!**

← **New!**

B is for **Beginner!**

New to Tai Chi? Start with a class marked **B**. "Tai Chi Fundamentals" is our easiest class, but if you're fit and want more challenge try "Yang 1" or "WCC Chen's 60 Movements".

Options

- Register Online (credit card)
- Register by Mail (check)
- Register at Class (check or cash)

Registration and Fees (9/2018)

1. Contact Information

Name _____

Address _____

City/St./Zip _____

Phone _____

email _____

2. List Your Class or Classes

Code	Class Name	Day

3. Choose a Membership 16 weeks

Session (1 class/week)	\$192
Session (2 classes/week)	\$288
Session (Unlimited Classes)	\$336
Annual (Unlimited Classes)	\$690
5 Week Trial (Unlimited Classes)	\$ 75
<i>(5 week trial available to new members only)</i>	

4. Choose One Discount

Register before 1st class	-\$10
Physicians Plus Member	-15%
Dean Care Member	-10%
Saturday Classes Only	-\$12

5. Total Fee* \$ _____

*No refunds. Membership can be transferred or deferred up to one year.

6. Mail Check & Registration to:

Tai Chi Center of Madison LLC (Office)
5313 Fairway Dr. Madison WI 53711

You may also register at class or online.

Questions?

608-663-8299

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