

# Tai Chi Center

*of Madison* est.1974



Classes Start September 4

Register Now !

[www.taichicenterofmadison.com](http://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 4<sup>th</sup> 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**

**www.taichicenterofmadison.com**