

Tai Chi Center

of Madison est.1974



Classes Start January 8

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 January 8th are suitable for beginners.

Tai Chi

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

Mondays, 7:00 pm - Tai Chi Fundamentals

Wednesdays, 6:00 pm - Tai Chi Fundamentals

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

Wednesdays, 5:00 pm - Shaolin Qigong

See Full Schedule
& Registration on back!





Tai Chi Center of Madison

January 8 - May 5

(No Classes Sat., April 14)

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

10:30 - 11:45	Yang 2-4 Intermediate - Advanced Tai Chi	4TA
5:30 - 6:30	Yang 3-4 Advanced Tai Chi	4TP
6:30 - 7:30	B Yang 2 Intermediate (Completion) Tai Chi	2TP

WEDNESDAY

5:00 - 6:00	B Shaolin Qigong (Sarah Harrison)	WQG
6:00 - 7:00	B Tai Chi Fundamentals	FWD

THURSDAY

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., April 14)

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

** Beginners are welcome to take *Yang Style (WCC Chen) Long Form*, but the instructor recommends WCC Chen's 60 Movements as a better place to start.

* Requires previous or concurrent form class.



← Daytime Classes are in white boxes

← Evening Classes are in grey boxes

Qigong!

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 (1/2018)

1. Contact Information

Name _____

Address _____

City/St./Zip _____

Phone _____

email _____

2. List Your Class or Classes

Code	Class Name	Day

3. Choose a Membership 17 weeks

Session (1 class/week)	\$198
Session (2 classes/week)	\$298
Session (Unlimited Classes)	\$340
Annual (Unlimited Classes)	\$690
5 Week Trial (Unlimited Classes)	\$ 75

(5 week trial available to new members only)

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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