

# Tai Chi Center

*of Madison* est.1974



Classes Start September 5

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 5th are suitable for beginners.

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

Mondays, 7:00 pm - Tai Chi Fundamentals

Mondays, 6:00 pm - Breathing Earth Qigong

Tuesdays, 6:15 pm - Beginning Traditional Tai Chi

Wednesdays, 5:00 pm - Shaolin Qigong

Wednesdays, 6:00 pm - Tai Chi Fundamentals

Thursdays, 5:30 pm - Beginning Traditional Tai Chi

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

See Full Schedule  
& Registration on back!





# Tai Chi Center of Madison

September 5 - December 23

(No classes Sept. 23, Nov.23)

**B** = Beginners Welcome DAYTIME EVENING

## 301 S. BEDFORD CLASSES

### MONDAY

### CODE

10:30 - 12:00	<b>B</b> Tai Chi Fundamentals & The ROM Dance	RMA
6:00 - 7:00	<b>B</b> Breathing Earth Qigong (Steven Spiro)	MQG
7:00 - 8:00	<b>B</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 2-4 Intermediate - Advanced Tai Chi	4TP
6:15 - 7:15	<b>B</b> Yang 1-2 Beginning Tai Chi	1TP

### WEDNESDAY

5:00 - 6:00	<b>B</b> Shaolin Qigong (Sarah Harrison)	WQG
6:00 - 7:00	<b>B</b> Tai Chi Fundamentals 1	FWD

### THURSDAY

(No classes Nov. 23)

5:30 - 6:30	<b>B</b> Yang 1-2 Beginning Tai Chi	1RP
6:15 - 7:15	Yang 2-4 Intermediate - Advanced Tai Chi	4RP
7:15 - 8:15	<b>B*</b> Sensing Hands (Req: Previous or concurrent form class)	RSH

### SATURDAY

(No classes Sept. 23)

9:00 - 10:00	<b>B*</b> Sensing Hands (Req: Previous or concurrent form class)	SSH
10:00 - 11:00	<b>B</b> WCC Chen's 60 Mvt's	WCC
11:00 - 12:00	Tai Chi Peaceful Power Play	PPP
Noon	<b>B</b> Beginning Tai Chi Sword	SSW

## 6333 ODANA RD. CLASSES (at SPACE)

### WEDNESDAY

10:00 - 11:00	<b>B</b> Tai Chi Fundamentals	FWA
5:30 - 6:30	<b>B</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.

**B\*** Requirese 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 (9/2017)

### 1. Contact Information

Name \_\_\_\_\_

Address \_\_\_\_\_

City/St./Zip \_\_\_\_\_

Phone \_\_\_\_\_

email \_\_\_\_\_

### 2. List Your Class or Classes

Code	Class Name	Day

### 3. Choose a Membership 15 weeks

Session (1 class/week)	\$180
Session (2 classes/week)	\$270
Session (Unlimited Classes)	\$315
Annual (Unlimited Classes)	\$655
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%

### 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**