

Tai Chi Center

of Madison est.1974



Classes Start January 6

Register Now !

www.taichicenterofmadison.com

608-663-8299

It's a Gift

Try a Class for Free

Tai Chi practice reduces stress and improves balance, strength, flexibility and overall physical and emotional health. Try any class once for free. Just check the schedule and drop in.

Beginners Classes Downtown *and* Odana Rd.

Call 608-663-8299 for

Special Beginner's Discounts

Give a Gift Certificate

See Full Schedule
& Registration on back!





Tai Chi Center of Madison

January 6 - May 2

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** Tai Chi Fundamentals FMP

TUESDAY

9:30 - 10:30 Yang 2-3 Intermediate Tai Chi (Completion) 2TA

10:30 - 11:45 Yang 3-4 Advanced Tai Chi 4TA

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

6:30 - 7:30 **B** Yang 1 Beginning Tai Chi 1TP

WEDNESDAY

6:00 - 7:00 **B** QiGong with Steven Spiro QG

THURSDAY

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

10:30 - 11:30 Yang 2-3 Intermediate Tai Chi (Completion) 2RA

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

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 - 1:00 **B*** Beginning Tai Chi Sword SSW

6333 ODANA RD. CLASSES (at SPACE)

WEDNESDAY

10:30 - 11:30 **B** Tai Chi Fundamentals FWA

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

* Requires previous or concurrent form class.

Looking Ahead:

Kaz Tanahashi Calligraphy: May 28 - 31

William C.C. Chen Workshop: Sun., Nov. 8



← Daytime Classes are in white boxes

← Evening Classes are in grey boxes

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 (1/2020)

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) \$204

Session (2 classes/week) \$306

Session (Unlimited Classes) \$357

Annual (Unlimited Classes) \$690

5 Week Trial (Unlimited Classes) \$ 75
(5 week trial available to new members only)

Beginners Special (1-2 classes/wk.) \$153

4. Register before 1st class -\$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