

Take 20% off for a second class (pay 2nd class by check)

		Price/ Member price	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
For New Students	A Taste of Tai Chi	49 for 3 classes		11am–noon Vivienne				10–11am Allen B
	Tai Chi 101	210 / 180	5:30–6:30pm Don			5:30–6:30pm Allen B		
	Tai Chi for Healthy Aging and Better Balance	105			2–3pm Don		1–2pm Susanne	
	Relaxation Qigong	210 / 180		12:15–1:15pm Ruth		12–1pm Susanne		
For Returning and Advanced Students	Tai Chi 102	210 / 180			5:30–6:30pm Don			11:10–12:10pm Allen B
	Tai Chi for Healthy Aging and Better Balance 2	105	2–3pm Don			1:30–2:30pm Susanne		
	Dragon and Tiger Qigong 1	130 / 105					10:15–11:15am Susanne	
	Peng Lu Ji An: The Four Powers	130 / 105				6:40–7:40pm Allen B		
	Eight Essential Moves	130 / 105			6:40–7:40pm Don			
	Old School Tai Chi Training	130 / 105	6:40–7:40pm Don					
	Yang Style Form: 1st Section	130 / 105	7:50–8:50pm Don					
	12 Jings (Beyond Peng Lu Ji An)	130 / 105			7:50–8:50pm Don			
	Dragon Tiger Qigong 2	210 / 180	5:30–6:30pm Steven				11:30–12:30pm Susanne	
	Energy Gates Qigong 2	130 / 105	6:30–7:30pm Steven					
	Gods Playing in the Clouds	130 / 105		5:30–6:30pm Steven				
	Wu Style Short Form Introduction 1st Section	210/180		12:30-2:30pm Alan	6:30-7:30pm Alan			12:30-1:30 Yuriko
	Wu Style Short Form Introduction 2nd Section	130/105		6:30–7:30pm Steven				
	Wu Style Short Form Level 2	210/180			noon–1:00pm Alan			11am–noon Alan
	Wu Style Long Form Level 1	270/230				10:30am–noon Alan		12:30–2pm Alan
	Wu Style Long Form Level 2	270/230		8–9:30pm Alan		noon-1:30pm Alan		
	Wu Style Long Form Level 3	270/230		6:30–8pm Alan	10:30am–noon Alan	7–8:30pm Alan		
	Wu Style Long Form Special Subjects	210/180			7:30–8:30pm Alan			10–11am Alan