

	Price / Member Price	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
For New Students	A Taste of Tai Chi	49 (for 3) 99 (for 7)		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	95	2–3pm Don			1:30–2:30pm Susanne	
	Relaxation Qigong	210 / 180		12:15–1:15pm Ruth		12–1pm Susanne	
For Returning and Advanced Students	Peng Lu Ji An: The Four Powers	130 / 105			5:30–6:30pm Don		
	8 Essential Moves	210 / 180	7:50–8:50pm Don		7:50–8:50pm Don		
	Tai Chi for Healthy Aging 2	95		10:15–11:15am Ruth		10:15–11:15am Susanne	
	Gods Playing in the Clouds	130 / 105		5:30–6:30pm Steven			
	Energy Gates Qigong 2	130 / 105	6:30–7:30pm Steven				
	Dragon and Tiger Qigong 1	130 / 105					12:40–1:40 Susanne
	Dragon and Tiger Qigong 2	210 / 180	5:30–6:30pm Steven				11:30–12:30pm Susanne
	Wu Style Short Form Introduction Part 2 of 3	210 / 180		12:30–1:30pm Alan 6:30–7:30pm Steven	6:30–7:30pm Alan		
	Wu Style Short Form Level 2	210 / 180			noon–1:00pm Alan		11am–noon Alan
	Wu Style Long Form Level 1	270 / 230				10:30–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
	*Tai Chi Gongfu: Essential Gong	130 / 105	6:40–7:40pm Don				
	*Tai Chi Gongfu: Zhan Zhuang (Standing)	130 / 105			6:40–7:40pm Don		
*Tai Chi Gongfu: Song (Relax, Root)	130 / 105					11am–noon Allen B.	

* Discounts for multiple Tai Chi Gongfu classes: Take any two: 210/180. Take all three: 270/230.

* Discount for adding Tai Chi Gongfu to Wu Style Form, or Energy Arts Qigong: 35% off the Gongfu class(es).

(These discounts only available when paying by check. Not available online. See Don or Allen for details.)