

		Price / Member Price	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>For New Students</b>	<b>A Taste of Tai Chi</b>	49 (for 3) 99 (for 7)		11am–noon Vivienne				10–11am Allen B
	<b>Tai Chi 101</b>	210 / 180	5:30–6:30pm Don					11am–noon Allen B
	<b>Tai Chi for Healthy Aging and Better Balance</b>	95	2–3pm Don			1:30–2:30pm Susanne		
	<b>Relaxation Qigong*</b>	210 / 180		12:30–1:30pm Ruth		12–1pm Susanne		
<b>For Returning Students</b>	<b>Peng Lu Ji An: The Four Powers</b>	210 / 180	6:40–7:40pm Don			5:30–6:30pm Allen B		
	<b>8 Essential Movements</b>	210 / 180	7:50–8:50pm Don		6:40–7:40pm Don			
	<b>Dragon and Tiger Qigong 1</b>	130 / 105					11:30am–12:30 Susanne	
	<b>Tai Chi for Healthy Aging II</b>	95		10:15–11:15am Ruth		10:15–11:15am Susanne		
	<b>Push Hands (Tui Shou)</b>	130 / 105			7:50–8:50pm Don			
	<b>Tai Chi Gong*</b>	130 / 105			5:30–6:30pm Don			
	<b>Energy Gates Qigong 2</b>	130 / 105	6:30–7:30pm Steven					
	<b>Wu Style Introduction to Short Form*</b>	210 / 180		12:30–1:30pm Alan 6:30–7:30pm Steven	6:30–7:30pm Alan			
	<b>Dragon Tiger Qigong 2</b>	210 / 180	5:30–6:30pm Steven				12:40–1:40pm Susanne	
<b>For More Advanced Students</b>	<b>Wu Style Long Form Level 1</b>	270 / 230			12–1:30pm Alan			12:30–2pm Alan
	<b>Wu Style Long Form Level 2</b>	270 / 230		8–9:30pm Alan		11:30am–1pm Alan		
	<b>Wu Style Long Form Level 3</b>	270 / 230		6:30–8pm Alan	10:30am–noon Alan	7–8:30pm Alan		
	<b>Wu Style Long Form Special Subjects</b>	210 / 180			7:30–8:30pm Alan			10–11am Alan
	<b>Push Hands (Tui Shou)</b>	130 / 105			7:50–8:50pm Don			
	<b>Wu Style Short Form Level 2</b>	210 / 180		5:30–6:30pm Steven		10:30–11:30am Alan		11am–noon Alan
	<b>8 Essential Movements</b>	210 / 180	7:50–8:50pm Don			6:40–7:40pm Don		
	<b>Tai Chi Gong*</b>	130 / 105			5:30–6:30pm Don			