

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

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