

FALL SCHEDULE (September 23 – December 15, 2018)

Tai Chi Training
Health & Fitness

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						TAI CHI BASICS 9:30am-10:30am
TAI CHI BASICS 2:30pm-3:30pm			TAI CHI BASICS 12:30pm-1:30pm			QI GONG HEALTH 10:30am-11:30am
QI GONG HEALTH 3:30pm-4:30pm			QI GONG HEALTH 1:30pm-2:30pm			
		QI GONG HEALTH 5:30pm-6:30pm		QI GONG HEALTH 5:30pm-6:30pm		
					TAI CHI FITNESS 6:30pm-7:30pm	
	QI GONG HEALTH 7:30pm-8:30pm			TAI CHI BASICS 7:30pm-8:30pm		
	TAI CHI FITNESS 8:30pm-9:30pm	TAI CHI BASICS 8:30pm-9:30pm				

FEES		
SILVER MEMBERSHIP Unlimited PRACTICE classes for 12 months Includes 3 TRAINING courses (each training course is for one term) Additional TRAINING courses 50% OFF One-time registration fee \$30 NOT included	\$45/month + HST + registration for 12 months OR \$465 + HST + registration for one year	* Family discount 25% off
LEARN TAI CHI - STARTER PACKAGE 3 months Unlimited Health & Fitness classes 3 months Unlimited TAI CHI BASICS training One-time registration fee is included	\$220.00 + HST for 3 months	
LEARN TAI CHI – ONCE A WEEK Tai Chi Basics training (12 classes) One-time registration fee is included	\$170.00 + HST for 3 months	

* Family discount: A student can have up to 3 family members receive the discount. Discount can only be applied on packages of the same value or lower than the primary family member. Cannot be combined with membership discount of 50%. **Please register on-site to receive the family discount.**