

Tai Chi Continuation

Tuesday Mornings



Benefits of Tai Chi include ...

- Reduced Stress
- Improved Balance
- Increased Flexibility
- Increased Energy & Vitality

What is Tai Chi?

Tai Chi (Taiji) is a therapeutic exercise system derived from Chinese martial arts focusing on the circulation of chi, or "life energy" found within and around all living things. Sometimes called "moving meditation", millions of men and women all over the world practice it daily as a gentle, stress reducing exercise.



5 Dundee Park, Andover, MA 01810
978.475.2020

Next Session

Tuesday Mornings

10:30 - 11:45 AM

9 weeks

starting January 8 '19

No class on Feb. 12. Session will end on March 12.

This is a "continuation" course. Prior enrollment in the beginner's Tai Chi course is required.

Questions? Please call or stop by and ask for Alex.

Min. of 8

Instructors: Meg Holmes

For more info visit: www.YangsAndover.com

TO REGISTER, RETURN THE BOTTOM PORTION. Spaces are limited!

Name: _____ Birthdate: ____/____/____ Phone (____) _____
 Address: _____ City: _____ State: _____ Zip: _____ Email Address: _____
 Are there any health or medical concerns (past or present) that we should be informed of? _____
 What do you hope to achieve by taking this course? _____
 How did you find out about this class? _____

Tuesday Tai Chi Continuation

9-weeks	Yang's Members & Senior Citizens*	Non-Members
Tues. Jan. 8 - Mar. 12, 2019 No class on Feb. 12.	By 1/1 <input type="checkbox"/> \$ 125	<input type="checkbox"/> \$ 135
	After 1/1 <input type="checkbox"/> \$ 140	<input type="checkbox"/> \$ 150

WAIVER OF LIABILITY

I, the undersigned, wish to participate in the exercise and training programs offered by Bodies In Motion, Inc. d/b/a Yang's Martial Arts & Fitness Center (Yang's). I understand that there are inherent risks in participating in a program of strenuous exercise, up to and including death. I understand that part of the risk involved in understanding any activity program is relative to my own state of health (physical, mental, emotional) and to the awareness, care, and skill with which I conduct myself in the activity or program. I understand that my choice to participate in any of these programs brings with it my assumption of those risks and results stemming from this choice.

I agree that Yang's shall not be responsible for any injuries to me resulting from my participation in the program. I expressly release and discharge Yang's, its owners, employees, agents, and/or assigns from all claims, actions, judgments, and the like which I or my heirs, executors, administrators, or assigns may have in connection with my participation in the program. The only exception would be an injury caused by the gross negligence or intentional act of such person or persons. This release shall be binding upon my heirs, executors, administrators, and assigns. I have read this release and I understand all of its terms. I sign it voluntarily and with full knowledge of its significance.

Participant Signature (Parent/Guardian if under 18) _____ Date _____

OFFICE USE:
Date rec'd ____/____/____ \$ ____ via ____ taken by ____

*Yang's member is one who is enrolled in another YMCA Andover Kung Fu or Tai Chi course during the time this course is held or is an active Yang's Fitness Center member. Age 60 & above qualifies for Senior discount. I.D. may be required. Credits/refunds are not offered for classes missed beyond our control with the exception of medical reasons with a doctors note. Does not include regular attendance in the Sunday, 10 a or Wednesday, 8 pm classes.

All refunds are subject to a 10% processing fee.

