

Fee Based Specialty Classes

ADULT TAI CHI FOR BEGINNERS

8-week sessions on WEDNESDAYS @7:30pm
JULY 5-AUGUST 23, 2017
(7/5, 12, 19, 26; 8/2, 9, 16, & 8/23/17)

Relieve Stress and Tension, Improve Circulation of Blood, Oxygen and Chi, Increase Energy Levels, Improve Coordination, Balance and Flexibility, Improve Strength and Mobility in Joints, Bones, and tendons, Increase Focus Concentration and Awareness Exercises can be performed sitting or standing

Member: **\$75.00**
Non-Member: **\$90.00**

Drop-ins: **\$12 per class**
Drop-ins: **\$15 per class**

*** 5 STUDENTS NEEDED TO FORM A CLASS**
***NO MAKE-UPS, NO PRORATION: DROP- IN PRICE ONLY, WHEN NEEDED**

AJ is a grandmaster of Tai Chi, Kungfu and Qigong, and a 2nd degree black belt in Tae Kwon Do. . He has taught students from all over the world for 7 years.

Paul Pooladi has been training directly under AJ for 7 years. Paul has been teaching one on one and group sessions in Tai Chi, Qigong and Kungfu for about 4 years. He has worked with thousands in the D.C., Maryland, and Virginia area as a Basketball Coach/Instructor for 12 years.
For more info, please contact Paul Pooladi at 703-909-9075; trueballing@gmail.com

Name: _____ Home Phone: _____ Cell: _____
Email: _____ Mem: _____ Non-Mem: _____
Address: _____ Emergency Contact: _____

METHOD OF PAYMENT

Amount Received: _____, Date: _____
Cash _____ Check _____
House Charge _____ Credit Card _____

STAFF INITIALS _____

NON-MEMBERS MUST SIGN WAIVER
OF LIABILITY

WAIVER? _____