

# Tai Chi

## **Certified Instructor: LuCinda Fisher**

Experience the gentle flowing, movements of Tai Chi and treat your whole body to a gentle and relaxing workout.

- Say goodbye to sweating, puffing and panting.
- Say hello to feeling relax, calm, refreshed and energized.
- Get your passport to better health, fitness, peace of mind and so much more, as your mind and body work in harmony for superb results.



**WHEN:** Thursdays

**START DATE:** June 14th—July 26th

**TIME:** 4:00 p.m.—4:45 p.m.

**WHERE:** Nevis School/Tennis Court

**WHO:** Age 14-100+

**FULL SESSION FEE:** \$36 (\$6.00 per class)

**CLASS SIZE:** Need 5 people or more

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**REGISTRATION FORM** *Nevis Community Education* PO Box 138, Nevis, MN 56467 [awhite@nevis.k12.mn.us](mailto:awhite@nevis.k12.mn.us)  
Alex White—Nevis Community Education Coordinator 218-652-3500 ext. 108

Name: \_\_\_\_\_ Grade: \_\_\_\_\_

Program: \_\_\_\_\_ FEE: \_\_\_\_\_

Guardian: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone: (Day) \_\_\_\_\_ (Evening) \_\_\_\_\_

E-mail Address: \_\_\_\_\_

<p><b>Method of Payment:</b> Checks payable to Nevis School</p> <p>Check #: _____</p> <p>Cash: _____</p>
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### **COMPLETE & RETURN WITH PAYMENT TO REGISTER**

*The following MUST be signed by all class participants age 18 and older, or by a parent or guardian of any participant under the age of 18.*

I CERTIFY THAT MY DEPENDENT LISTED ABOVE (Check one)

\_\_\_\_\_ IS ADEQUATELY INSURED or \_\_\_\_\_ DOES NOT HAVE INSURANCE, BUT I ASSUME ALL LEGAL RESPONSIBILITY FOR INJURIES/ACCIDENTS

ARISING THERE FROM. **SIGNATURE:** \_\_\_\_\_ **DATE:** \_\_\_\_\_