

SITAN TAICHI



Morning TAI CHI Special

Tai Chi is both physically revitalizing and mentally inspiring

Participants MUST have medical clearance.

Twice a Week for 3 Months is \$192

Time: 9:30-10:30 or 10:30-11:30 AM

Every Monday & Thursday or Tuesday & Friday

Location: 231-05 Robbins Lane, Syosset, NY 11791

Contact: 516.677.1798/917.698.0335 or Email to info@sitantaichi.com

NO Registration Fee!

GENERAL RELEASE

As a participant in the exercise classes offered by the Sitan Tai Chi & Martial Arts, classes which involve physical activity, I understand that the possibility exists for strain and/or injury.

Therefore, I hereby agree to release and hold harmless the Sitan Tai Chi & Martial Arts and the instructor of any and all liability and assume all risk myself.

Name: _____ Phone: _____
(Print)

Signature: _____ Date: _____