

Discover the benefits of  
T'ai Chi!

This class for adults improves heart rate, posture, balance, blood pressure, flexibility and breathing. It provides effective mental and physical conditioning with undue physical stress.



*Join us for this relaxing  
and spiritual experience!*

**Mountainside Recreation Department**  
1385 Route 22 East  
Mountainside, NJ 07092

[www.mountainside-nj.com/recreation.htm](http://www.mountainside-nj.com/recreation.htm)

(908) 232-0015

# T'ai Chi



*Discover  
the  
benefits!*

**T'ai Chi**  
**Jan/Feb 2012**

Name \_\_\_\_\_

Address \_\_\_\_\_

Home Phone \_\_\_\_\_

Work Phone \_\_\_\_\_

Cell Phone \_\_\_\_\_

Email \_\_\_\_\_

**WEDNESDAY EVENING**

\$71 res.  
\$79 non-res.

I have recently been examined by a physician, and to the best of my knowledge and belief, am fit to participate in the program. It is understood that I am participating at my own risk, and that the Mountainside Recreation Department, program supervisor, and employees do not assume any liability thereof. I give my permission to be photographed, and for the photographs to be used in Recreation Department materials.

\_\_\_\_\_  
Signature of Participant

Amount enclosed \$ \_\_\_\_\_

**Jan/Feb 2012**

**T'ai Chi**  
**Jan/Feb 2012**

**DATES**

*Wednesday*  
January 4, 11, 18, 25  
February 1, 8, 15, 22, 29

**INSTRUCTOR**

Earl Baxter  
T'ai Chi Instructor

**PLACE**

Mountainside Borough Hall  
Community Room (2nd Floor)

**TIME**

8:30-9:30 pm

**FEES**

*Wednesday:*  
\$71 resident  
\$79 non-resident



**WHAT TO WEAR**

Loose clothes and comfortable shoes

**WHAT TO BRING**

Bring a water bottle and positive attitude!

**DECORUM**

T'ai Chi is taught in a quiet space. Please silence all cell phones.

**PRE-REGISTRATION IS REQUIRED!**  
**ENROLLMENT IS LIMITED!**

Please return registration form with a check payable to the **Mountainside Recreation Department** to:

Mountainside Recreation Department  
1385 Route 22 East  
Mountainside, NJ 07092

Any questions? Call (908) 232-0015 or visit [www.mountainside-nj.com/recreation.htm](http://www.mountainside-nj.com/recreation.htm).