

## Guide to Finding the Right Class

GateWay offers a wide array of classes suitable for people of all ages and fitness levels. To help you figure out which class(es) are right for you, let's start with what you're looking for. **Items in italics are classes that we routinely offer at GateWay.** (Visit our calendar for a schedule, class descriptions & teacher bios.)

### Improve my health:

- **I want to learn Taiji**  
*10-week Introduction to Taiji course*  
*Taiji Explorations*  
*Taiji for Balance (a low-intensity way to start)*  
*Taiji Short Form*
- **I want a gentle workout to stretch and strengthen**  
*All of our Yoga and YogaQi classes*
- **I want to improve my balance**  
*Taiji for Balance*  
*All of our Yoga classes*
- **I have physical limitations and want to build strength and flexibility**  
*Taiji for Balance*
- **Reduce stress and calm my mind**  
*By-donation meditation sessions*  
*Mindfulness workshops*  
*Internal Qigong*

### Cultivate my mind-body connection

- **Explore Qigong (chee kung)** - Chinese energy work  
*Internal Qigong (meditation and breathing practices to cultivate Qi (chee))*  
*Physical Qigong (flowing movements build and circulate energy through the acupuncture channels)*  
*YogaQi (a blend of Hatha yoga and Qigong)*
- **Develop a meditation/mindfulness practice**  
*By-donation meditation sessions*  
*Internal Qigong*

### Explore Taiji as a Martial Art:

- I have practiced the martial arts in the past and want to learn Taiji  
*Introduction to Taiji, Part 2 & Part 3 courses, All Levels Taiji, Taiji Short Form*
- I have studied Taiji and want to explore more advanced martial applications:  
*Advanced Taiji, Taiji Sword, Taiji Saber, Pushing Hands, Fighting Set*



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### **How do I know what class(es) are suitable for my fitness level?**

The following charts indicate the exercise intensity of each class.

- **Low:** class does not require the ability to stand for an hour
- **Moderate:** you should be comfortable standing for an hour
- **High:** vigorous; you're likely to sweat

### **Yoga**

<b>Class</b>	<b>Exercise Intensity</b>	<b>Membership Required</b>
Gentle Yoga	Low – moderate	Class card or monthly
All Levels Yoga	Low - moderate	Class card or monthly
YogaQi – Yoga & Qigong blend	Low-Moderate	Class card or monthly

### **Meditation and Qigong (Chinese Energy Work)**

<b>Class</b>	<b>Exercise Intensity</b>	<b>Membership Required</b>
Physical Qigong	Moderate	Class card or monthly
YogaQi™	Moderate	Class card or monthly
Morning meditation sessions	Low	By donation
Meditation workshops	Low	Workshop fee
Internal Qigong – Advanced Meditation	Low	Class card or monthly

### **Taiji (Tai Chi)**

<b>Class</b>	<b>Exercise Intensity</b>	<b>Membership Required</b>
Taiji Courses (Intro, Part 1, 2 & 3)	Moderate	Course fee
Taiji for Balance	Low	Class card or monthly
24-Move Short Form	Moderate	Class card or monthly
All Levels Taiji	Moderate	Class card or monthly
Taiji Explorations	Moderate	Class card or monthly
Advanced Taiji	Moderate – high	Class card or monthly
Pushing Hands & Fighting Set	High	Class card or monthly
Taiji Sword & Taiji Saber	Moderate - high	Class card or monthly

Always consult your health care provider whenever you embark on a new fitness program.