



# SILK TIGER SCHOOL OF TAI CHI CHUAN

Eric Reiss – Chief Instructor

[www.silktigertaichi.com](http://www.silktigertaichi.com)

Phone 336-447-5122

## Class Schedule

- Jamestown      YMCA – Ragsdale\*      336-882-9622  
Monday/Wednesday      8:50 – 9:50 am
- Greensboro      YMCA – Bryan\*      336-272-4146  
Monday/Wednesday      10:45 - 11:45 am
- Greensboro      Lake Daniel Park      336-447-5122  
Tuesday      11:45 – 12:45
- Greensboro      ClubFitness at Oak Branch\*\*      336-851-1890  
Thursday 11 - 12 noon, Saturday 11:30 - 12:30 pm
- Greensboro      St. Pius X Catholic Church      336-272-4681  
Thursday      9:30 - 10:15 am
- Greensboro      Senior Resources of Guilford      336-373-4816  
Thursday 12:30 - 1:00 pm
- High Point      Oak Street Health\*\*\*      336-387-6549  
Thursday      2 – 3 pm
- Winston-Salem      Oak Street Health\*\*\*      336-387-6557  
Tuesday 10:15 – 11 am, Friday 9:45 – 10:30 am

Private Classes are available for individuals and small groups, as are corporate wellness programs. Personal development enhances such topics as meditation, push hands, and self-defense.

\*Separate fee for participation in Tai Chi classes with discount for YMCA members (same location only).

\*\*ClubFitness membership not required for Tai Chi classes. Non-members may purchase Guest Passes.

\*\*\*Classes offered free to the community.