



SILK TIGER SCHOOL OF T'AI CHI CH'UAN

Eric Reiss – Chief Instructor

www.silktigertaichi.com Phone 336-447-5122

Class Schedule

- Burlington First Reformed U.C.C. 336-449-3284
Tuesday/Thursday 5:30-6:30 pm (beginner class)**
6:30-7:30 pm (advanced class)
- Greensboro YMCA – Bryan* 336-272-4146
Monday/Wednesday 11-12 noon
- Jamestown YMCA – Ragsdale* 336-882-9622
Monday/Wednesday 9-10 am
- Greensboro Pure Energy Fitness Studio 336-282-4200
Monday/Wednesday 2:15 – 3:15 pm
- Greensboro The Club at Oak Branch*** 336-851-1890
Tuesday/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

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

*Membership is not required in order to participate in T'ai Chi Ch'uan.

**Chinese Yoga – Tuesdays, 5:30 – 6:30 pm.

***Membership not required for Tai Chi classes. Non-members may purchase Guest Passes.