



# SILK TIGER SCHOOL OF TAI CHI CHUAN

Eric Reiss – Chief Instructor

[www.silktigertaichi.com](http://www.silktigertaichi.com) Phone 336-447-5122

## Class Schedule

- Burlington First Reformed U.C.C. 336-447-5122  
Tuesday/Thursday 6:00 - 7:00 pm
- Greensboro YMCA – Bryan\* 336-272-4146  
Monday/Wednesday 10:45 - 11:45 am
- Jamestown YMCA – Ragsdale\* 336-882-9622  
Monday/Wednesday 9 - 10 am
- Greensboro Lake Daniel Park 336-447-5122  
Outdoors, weather permitting
- Greensboro The Club at Oak Branch\*\* 336-851-1890  
Thursday 11 - 12 noon, Saturday 11:30 - 12:30 pm
- Greensboro Senior Resources of Guilford 336-373-4816  
Thursday 12:30 - 1:00 pm

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 Tai Chi Chuan.

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