



SILK TIGER SCHOOL OF TAI CHI CHUAN

Eric Reiss – Chief Instructor

www.silktigertaichi.com Phone 336-447-5122

Class Schedule

- Jamestown YMCA – Ragsdale* 336-882-9622
Monday/Wednesday 9 - 10 am
- Greensboro YMCA – Bryan* 336-272-4146
Monday/Wednesday 10:45 - 11:45 am
- Greensboro PurEnergy Fitness Studio 336-447-5122
Monday/Wednesday 1 – 2 pm
- Greensboro Lake Daniel Park 336-447-5122
Tuesday 11 – 12 noon
- Greensboro The Club 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
Tuesday/Thursday 2 – 3 pm
- Winston-Salem Oak Street Health*** 336-387-6557
Tuesday/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.

*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.

***Classes offered free to the community.