

# TIDEWATER TAI-CHI CENTER

New classes are now forming in Norfolk & Virginia Beach!



Teaching authentic Chinese Tai-Chi  
for body, mind and spirit!

For more information: 533.9092  
or: [dondavis@verizon.net](mailto:dondavis@verizon.net)

Norfolk Fitness and Wellness Center, 7300 Newport AVE

- Tuesday 10:00 – 11:00AM
- Wednesday 6:30 – 7:30PM

Chinese Community Center, 722 Newtown RD, Norfolk

- Saturday 11:00 – Noon

Heritage Store, 314 Laskin RD, Virginia Beach

- Tuesday 7:00 – 8:00PM