

AH-HA CLASSES

(Active – Healthy - Happy – Achievers)
“Being Fit Mindfully”

“Buffalo-Dragon” Instructor: MaryAnn Ingram, M.Ed., LMBT 00172

Day:	Class:	Location:	Time:	Fees:
Monday	Cardio-Innercize™	Carpenter Community Building on 1288 GA Rd.	10:15	\$15 Yrly
Monday	Innercize™	Carpenter Community Building on 1288 GA Rd.	11:00	\$15 Yrly
Monday	Tai Qi	Body Visions Gym 71 Highlands Rd.	1:00	\$2member \$3 non-m
Tuesday	Sr. Yoga	Carpenter Community Building on 1288 GA Rd.	3:00	\$15 Yrly
Wednesday	Qigong	Carpenter Community Building on 1288 GA Rd.	11:00	\$25 Yrly
Thursday	Innercize™	Body Visions Gym 71 Highlands Rd.	12:00	\$2member \$3 non-m
Thursday	Tai Chi	The Wellness Place Highlands, NC	9:00	\$16 drop-in
*Tai Chi Monthly Workshops every 3rd Saturday:			BVG	11:30-1 \$5

More information: 828.524.1100 (MaryAnn)

Innercize™ was created by MaryAnn to bridge western and eastern styles of muscular conditioning and locomotor neuro-patterning. Through directed physical postures, movement patterns are recreated and neural pathways are opened to reactivate and reprogram the body for balance, co-ordination, flexibility and muscular strengthening. Innercize brings the focus inward, to changes occurring internally. The movement that we see externally in “exercise” cannot occur until movement patterns have been established internally, at the cellular level – neurologically and musculo-skeletally. In other words, Innercize activities brings the focal point of performing actions / movements, to “how it feels” internally in the performance, rather than “how it looks” from an external perspective. Movements utilized are Tai Chi, Qigong, Yoga, Pilates and whatever form that my experience from years of teaching and coaching brings to the class.