

New At Body Visions Gym

Join The A.H.H.A. Club!

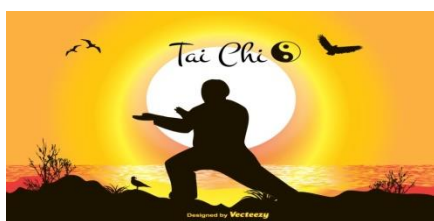
(Active, Healthy, Happy Achievers)



Tai Chi Class

Mondays 1 - 2

Energy Exchange: Members \$2 per class; NON-Members \$3 per class



Tai Chi Workshops

3rd Saturday of the month 11:30 – 1

Energy Exchange: \$5.00

Innercize™ Fitness Class

Thursdays 12 – 1

Energy Exchange: Members \$2 per class; NON-Members \$3 per class

Buffalo-Dragon Instructor for “AHHA” classes: MaryAnn Ingram, M.Ed.
828-524-1100

