



**Moorhead
Senior Center**

SENIOR PLANET[®]

FROM AARP[®]

Online Classes Held In-Person

AT THE HJEMKOMST CENTER

LIMITED SEATS. FREE TO ATTEND.
RSVP APPRECIATED.

 **218.299.5514**

 **moorheadparks.activityreg.com**



CHAIR YOGA

Mondays - 10:30-11:30 am

July 14, 21, 28

Join us for this chair yoga class featuring classical yoga postures and breath awareness. Verbal cues offered during class will help you develop better alignment and cultivate mind-body-spirit connection. The class may vary between sitting and standing exercises, and will end with a short meditation.

EASY-TO-FOLLOW TAI CHI

Tuesdays - 1:00-2:00 pm

July 1, 8, 15, 22, 29

This gentle, slow, flowing form of exercise can be done seated as well as standing, by people of all ages and all abilities. Taiji Fit is easy to follow along and easy to do. There is no right or left, no right or wrong. Just move, breathe, flow.

Please consult your physician or other healthcare professional before starting this or any other fitness program to determine if it is right for your needs. The exercise instruction and information presented are in no way intended as a substitute for medical consultation.



JULY 2025 CLASSES

Reminder: Wear comfortable clothing and sneakers to each in-person fitness class. Learn about Finance, Wellness, Fitness, Computers and Technology, and so much more at seniorplanet.org.

FUNCTIONAL STRENGTH TRAINING

Thursdays - 10:30-11:30 am

July 3, 10, 17, 24, 31

After the age of 30, the typical person loses muscle at the rate of 1-2 percent a year. It is never too late to stop that loss and even rebuild muscle. Using bodyweight, bands, and dumbbells, we will build strength to make all of your daily activities easier...and have some fun too!

TAIJIQUAN (TAI CHI)

Fridays - 10:30-11:30 am

July 11, 18

Traditional "Taijiquan" (Supreme ultimate fist) is a Chinese system of meditative exercises, characterized by methodically slow circular and stretching movements. Taijiquan is one kind of martial art that you can use for your good health as well as for self-defense. This particular session includes balance exercise and also learning different movement sequences known as forms, a perfect combination for saving our memory as we age.