

Mission Ridge Wellness Mall

Tai Chi is coming to our Wellness Studio!



- **Tai Chi** will start **Wednesday, Sept. 23** from **3:30-4:30pm** in our Wellness Studio. There is still room for more, so if you want to see what Tai Chi is all about it's not too late!
- Tai Chi incorporates a series of exercises performed slowly and deliberately in a specific order. Improve your health with this enjoyable, relaxing, energy-giving exercise. Tai Chi has many benefits including better balance, digestion, flexibility, concentration, strength, and coordination. Exercises can be done seated or standing. I look forward to seeing you there!
- Classes are free for MR/Vista residents and only \$3 each for St. John's residents/staff (or less with a punch card). Community is welcome for \$5/class. Try your first class for FREE! If you have any questions, let Ellen (655-5250) know.

Aerobic Splash Water Aerobics Class

Are you interested in getting a great workout, without stressing your joints? Do you want to move every muscle in your body while listening to great music? If so, this class is for you! Meets **Mondays and Wednesdays from 5:15-6:15pm** in the Aquatic Center at the Mission Ridge Wellness Mall. Same class prices outlined above apply.



Aquatic Center and Nefzger Fitness Center

Don't forget! The Aquatic Center and Nefzger Fitness Center are both open to all employees seven days a week from 6:30am-6:30pm for FREE! If you are interested in strengthening your muscles and pumping your heart, let Ellen know. The paperwork only takes a few minutes and you can be off and running towards improving your health.



Mat Yoga

Everyone needs to stretch regularly to keep the range of motion in his/her joints. Combining stretching with strengthening in the same workout increases the benefits obtained. Join us for mat yoga every **Tuesday and Thursday** morning from **8:30-9:30am** in the Wellness Studio at the Mission Ridge Wellness Mall and start your day off right. Same class prices outlined above apply.

