



**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**



OCTOBER 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.



CHAIR YOGA

**Mondays from 10:30-11:30 am
October 20 & 27**

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 from 1:00-2:00 pm
October 14, 21 & 28**

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.

FIT FUSION

**Thursdays from 10:30-11:30 am
October 2, 9, 23 & 30**


Fit Fusion is a high-energy blend of cardio, strengthening and stretching exercises. Some movements will be done using a chair for support. Music will help you forget you're exercising! Grab a pair of light weights (dumbbells, water bottles or anything you have around the house!) and join us for this fun workout!



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.

 **202 1st Ave N, Moorhead, MN 56560**

 **moorheadseniors.com**

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