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# January 2025 Holistic Wellness

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## Ongoing Weekly Classes in the Wellness Center

### Mondays

**1pm-2pm**

**Line Dance**

Besides being just plain fun, line dancing has some amazing benefits to our health. Studies have shown that participating in line dancing classes may help reduce the risk of falls as you learn to harmonize the senses and spatial awareness of the hands, eyes, legs and ears. In addition, it may help lower the risk of cognitive disorders like Alzheimer's or early on-set dementia by creating new synapses between neurons in the brain through memorizing steps and coordinating movements to music. This is a low- to- moderate impact dance class aimed at improving cardiovascular health, muscular strength, flexibility, coordination and balance.

### Tuesdays & Thursdays

**9am-9:45am**

**Tai Chi & Qigong**

Experience how Qigong and Tai Chi engage mind, body, and spirit through coordinated movements and focused breathing moving gracefully and effortlessly, always allowing energy to flow freely throughout the body for more energy, vitality, and wellbeing.

**11am-12pm**

**Gentle Yoga**

Slow steady paced postures & conscious movement with breath. Chair Modifications for access at all levels.

### Fridays

**12pm-12:30pm**

**Meditation**

Meditation can relieve stress, anxiety and help to manage pain. It can improve focus, memory, sleep, mood and even digestion! The guided sessions are done by sitting comfortably in a chair with no movement required.

**1pm-1:45pm**

**Commit Dance Fitness**

Commit Dance Fitness is a fun High Intensity Training (HIIT) inspired dance program. We teach to all ages and abilities, combining several genres of music. Commit choreography is taught in levels to introduce movement and modification to ensure each student's success.

