



**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**



DECEMBER 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
December 8 & 15**

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
December 9 & 16**

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.

MORNING STRETCH

**Thursdays from 10:30-11:30 am
December 11 & 18**

Stretching and breathing exercises have shown to reduce anxiety and stress. This class will guide you through simple stretches and breathing meditations to help you start your day with a sense of calm.



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.