

Tai Chi

Using three major components; movement, meditation and deep breathing. Tai Chi is composed of slow, deliberate movements; which enhance physical health and emotional well-being. These exercises are proven to strengthen immune function, prevent illness, relieve chronic pain, improve mental clarity and promote anti-aging.

September 5, 12,19, 26

Wednesdays | 2:30 PM - Cost \$20 for all four sessions -

Class #SR0801 to register www.cecool.com or 651-425-6651

Exercise Classes

YMCA instructors are here on Tuesdays and Thursdays. Get stronger while strengthening muscles and increasing flexibility to feel better. Strengthening muscles with weights is essential for bone density and everyday tasks.

Cost is \$5 per session.

Tuesdays/Thursdays

9:45 AM

Cost is \$5 per session – no registration needed

Yoga Sit and Stretch

The goal is for your body to feel better, prevent injury, and increase range of motion. The cost is only \$5 per session. There is no charge for Humana or Silver Sneakers Flex Program participants. Bring your membership card.

Wednesdays | 9:45 AM

Cost is \$5 per session – no registration needed

Call to sign up at 651-425-6650.

DPC COMMUNITY CENTER

8400 E. Pt. Douglas Road South

Cottage Grove, MN 55016

