

Standing Pilates

Standing Pilates takes the classic Pilates exercises and brings them vertical. Standing Pilates is a great work out for the whole body. Standing Pilates is slow controlled movements. Focusing on the stabilizer muscles to improve balance and coordination. Standing Pilates exercises are great for joint strength, core strength and increase in mobility. Helps with focus as there is more brain activity because of the balance element. Standing Pilates helps get you in tune with your body, and be aware of your movements.

Class meets
Monday's and Thursday
10-10:45am
\$2.50 per class
Punch cards available
Call or stop in to register
651-327-2255

Senior Yoga for Healing Classes

Mat Class: Tuesdays 9:30 a.m. – 10:45 a.m. (Classes still being held)

Chair Class: Wednesdays 2:00 pm – 3:00 pm

Instructor: Michele Hoffman, C-IAYT Certified Yoga Therapist

Cost is \$50 for a punch-card of 6 classes

For more than 20 years Michele Hoffman has been working with seniors to help them stay healthy, flexible and strong in order to live their best lives. Michele is a yoga therapist at Mayo Clinic Health System in the Integrative Medicine and Hospice departments where she has practiced yoga therapy for the past ten years. Classes are taught on-line via Zoom. To register: Call or email Michele at 651-301-1781, Hoffman.michele@mayo.edu

BRAIN TEASER FOR JUNE

90% can't solve this!!!

A doctor and a taxi driver are both in love with the same attractive woman named Mary.

The taxi driver had to go on a long trip that would last a week.



Before he left, he gave Mary seven apples. Why?

Write your best guess below and send in or drop off form to Pier 55 !

Answer:

Name: _____

Phone Number: _____

Pier 55/Red Wing Area Seniors

240 Harrison Street

Red Wing, MN 55066

All correct answer will be placed in a drawing for