

QIGONG



My name is Kim Harris and I am a Personal Trainer, Tai Chi Instructor and Qigong Instructor. In addition I am a Group Exercise Instructor teaching weightlifting, dance and sculpting classes. I am a Silver Sneakers Instructor and love working with people of all fitness level

Qigong is an ancient Chinese health care system that integrates physical postures, breathing techniques and focused intention. This is a gentle practice that has shown to improve sleep quality, lower blood pressure, improve balance and even aid indigestion.

This class can be done standing or sitting. Shoes are not a requirement. It is safe for all ages and all abilities.

Let us take time for ourselves, relaxing and becoming stronger in mind and body!

Wednesdays and Fridays at 12 noon.