

GC WELLNESS SERIES

SPRING EDITION

MONDAYS @ 3:00PM VIRTUAL

TAI CHI

TAI CHI IS A GENTLE, LOW-IMPACT, ANCIENT CHINESE MARTIAL ART THAT INVOLVES SLOW, FLOWING MOVEMENTS AND CONTROLLED BREATHING. THIS IS A 20-MINUTE CLASS AND CAN BE DONE IN A SMALL SPACE AND IN ANY ATTIRE. COME AS YOU ARE!

CHAIR YOGA

CHAIR YOGA PROVIDES THE OPPORTUNITY TO PRACTICE MODIFIED SUN SALUTATIONS WHILE SITTING IN THE COMFORT AND SAFETY OF A CHAIR. RECOMMENDED FOR THOSE WHO HAVE DIFFICULTIES MOVING UP AND DOWN FROM THE FLOOR (KNEE, HIP, JOINT, ARTHRITIS CONCERNS). GREAT FOR ALL EXPERIENCE LEVELS.

DANCE FITNESS

VEBA'S DANCE FITNESS CLASSES WILL INCORPORATE YOUR FAVORITE DANCE STYLES LIKE HIP HOP AND ZUMBA FOR A TOTAL BODY WORKOUT THAT IS SURE TO RELEASE ENDORPHINS TO REDUCE STRESS AND IMPROVE YOUR MOOD!

FRIDAYS @ 1:15PM IN PERSON

SOUND HEALING

SOUND HEALING IS A SERIES OF VIBRATIONS AND TONES THAT WILL HELP YOU ENTER DEEP STATES OF MEDITATION & RELAXATION BY SLOWING DOWN BRAINWAVE ACTIVITY AND ACTIVATING THE PARASYMPATHETIC NERVOUS SYSTEM. THIS CLASS IS GREAT FOR ANYONE LOOKING TO FEEL AN OVERALL SENSE OF WELL BEING, REDUCE PAIN AND STRESS, AND REGULATE THE NERVOUS SYSTEM.

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