

Standing Firm Fitness

A Proactive Approach to Aging

Many of us want to be more active, reduce minor aches and pains and challenge our brain in a friendly, fun and supportive environment. Now you can enjoy safe and sensible physical activity to increase stamina, muscle strength, balance, agility, and coordination and reduce their risk of falling at a fraction of the cost of personal training sessions through City of Redding Parks and Recreation and registration is required to participate.

Standing Firm Fitness is offering these entry level arthritis friendly classes at Caldwell Recreation Center. The following classes will be lead under the guidance of Chris Netto BA in Kinesiology. Let these classes help you to move and feel better!

Beginning Tai Chi Qigong to cultivate life's vital force called Chi, a peaceful mind, refreshed spirit and relaxed body!



New fresh start series for all of the following ongoing classes Begins Jan 9th 2017

Ongoing classes at Center for spiritual living

Mon at 11am, beginning yang style

Tuesday at 4pm Tai Chi for Arthritis

Wednesday at 9am Dr. Paul Lam's Tai Chi for Health programming

New student 6-week commitment \$66 included digital handouts

New 6- week series begins Jan 9 2017, Monday 9:20am through City of Redding Park and Recreation at Caldwell Recreation center.

Explore the essential principles needed to enjoy serenity in motion and reap the physical, emotional and mental benefits of this time honored practice. Learn to synchronize breath with each form to create slow, controlled, balanced and rhythmic movements with agility strength and power. Increase your vitality, focus, body awareness and reduce stress a major factor in developing chronic diseases without the strain of traditional exercise programs.

To learn more about Chris Netto and classes

visit website: www.standingfirmfitness.com

or email me: chris@standingfirmfitness.com

**Remember getting older is inevitable but falling apart isn't!
Staying active is a choice.**