

About our Facilitators

Christina Mroz

Christina Mroz is the owner of Complete Motions LLC, which she runs out of her home in Kellogg, MN. Through Complete Motions, she specializes in Health Coaching and Holy Yoga/Pilates Instruction. Her passion is to inspire women to live a healthier life in Mind, Body, and Soul. Christina has been teaching yoga for over 7 years and Pilates for over 4 years. In the evenings, she is often teaching Holy Yoga (Christ-center yoga) and Pilates classes in different communities along the Mississippi River. In her free time, she enjoys outdoor activities, reading, gardening, and spending time with her family.

Claire Hall

Claire Hall has operated Releaf, Inc., a private practice in massage therapy for the last 12 years. Born in Minneapolis, she has lived on her family farm outside Wabasha, MN for 30 years. She has been an organic vegetable and fruit farmer, an herb grower, and maker of herbal medicines. Claire's other interests include travel, beadwork, dance, and volunteer work with the Mayo Hospice Program in Wabasha.

Other Resources

Swimming (Sept-May):

Tuesdays & Thursdays
8:00-9:00 a.m.

AmericInn, Wabasha
\$50.00/20 swims or
\$3.00 per session

Contact: Betty Peters,
651-565-4275

Swimming (June-August):

Mondays, Wednesdays &
Fridays
7:00-8:00 a.m.

City Pool, Wabasha

Contact: Betty Peters,
651-565-4275

...feeling better
every day!

Fit City Seniors is a partnership of Saint Elizabeth's Medical Center, Complete Motions, LLC, and Wabasha County Family Services Collaborative.

...feeling better
every day!



Fit City Wabasha

Helping **SENIORS** live well, age well



Brought to you by:

- ⇒ Saint Elizabeth's Medical Center
- ⇒ Complete Motions, LLC
- ⇒ Wabasha County Family Services Collaborative



Fit City Wabasha

Helping **SENIORS** live well, age well

Fit City Seniors was introduced in 2007 with seed funding from a Blue Cross Blue Shield Prevention Minnesota grant. The program is now being supported by local partners and Fit City Senior members.

Classes and special activities are designed to help seniors live well and age well. By adding steps to your days and healthful nutrition choices to your meals, you can reduce risk factors and live better with chronic diseases.



Fit City Seniors

Mondays & Thursdays
8:30-9:30 a.m.

Saint Elizabeth's Medical
Center– Sister Gerina Room
Wabasha, MN
(Except certain holidays)

Fit City Seniors Classes

Classes, led by exercise instructors Christina Mroz and Claire Hall, have it all. Seniors can minimize pain, decrease arthritic symptoms, relieve muscle tension, increase range of motion, endurance, flexibility, and strengthen, and improve overall wellness.

Here's what our Fit City Seniors have to say...

... "Sessions have improved my physical, emotional, and mental well being."

... "I'm feeling more limber."

... "Classes provide structure and discipline."

... "I'm feeling better and having fun!"



...feeling better every day!

Want to join us or learn more?

**Phone: 218-331-2211
E-mail: christina@completemotions.com**