

## About us

### Complete Motions LCC

Complete Motions was founded by Christina Mroz in 2006 as a faith-based health and wellness ministry. The foundation of this ministry is to inspire health in mind, body, and soul. Our offerings include Holy Yoga/Pilates instruction, chair exercise, health/wellness coaching, and USANA Health Sciences. Find more about us at: [completemotions.com](http://completemotions.com)

### Christina Mroz

Christina Mroz is a Master Holy Yoga instructor and trainer, with over 500 hours of yoga training and over six years of Pilates teaching experience. In her free time she enjoys outdoor activities, reading, gardening, and spending time with her husband and four children—who often attend classes with her.

### Liesl Koch

Liesl Knox lives in Wabasha with her husband, Dave, and their two young daughters, Ainsley and Naomi. Liesl loves being a full-time wife and mom. Her favorite things include walking, reading, cooking and hanging out at the coffee shop with friends.

### Additional Living Well, Aging Well 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

7:30-8:30 a.m.  
City Pool, Wabasha  
\$4.00 per class  
\$2.00 to try a class

Contact: Betty Peters,  
651-565-4275



...feeling better every day!



### Fit City Wabasha

Helping SENIORS live well, age well



- ⇒ Increase Strength
- ⇒ Increase Flexibility
- ⇒ Improve Range of Motion
- ⇒ Improve Your Health & Well-being



## 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 operated under Christina Mroz, owner of Complete Motions.

Saint Elizabeth's Medical Center is a partner and supporter of Fit City Seniors.



## Fit City Seniors

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

Faith Lutheran Church  
Wabasha, MN  
*(Except certain holidays)*

## Fit City Seniors Classes

Classes are designed to help seniors live well and age well. 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!"*



Want to join us  
or learn more?

Phone: 507-923-5558  
E-mail: [christina@completemotions.com](mailto:christina@completemotions.com)

[www.completemotions.com](http://www.completemotions.com)