

NEWS RELEASE

Waterford on West Century



FOR IMMEDIATE RELEASE

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HEALTH & FITNESS CLUB TO START QIGONG CLASS

BISMARCK, N.D. — Adults in the Bismarck area will have the opportunity to learn the ancient practice of Qigong. Waterford Health & Fitness Club is offering a complimentary clinic during an open house Wednesday, August 29 from 10 a.m. to 2 p.m. at 1000 West Century Avenue.

The Qigong demonstration will start at 10. During the four-hour event, people also will be able to sign up for door prizes, relax with a complimentary chair massage at 11 a.m., enjoy healthy refreshments and tour the club, which opened three years ago. As an anniversary special, the club will waive the usual \$40 fee when people purchase at least a six-month membership.

For more information, people can call the club at (701) 355-1280.

Waterford's Qigong class will get under way in September, with two sessions each week for eight weeks. Enrollment will be limited to 15 participants. Ingrid Omlid will teach the class. She is certified in Tai Chi-Chi Kung, receiving her certification from the International Fitness Professionals Association.

Qigong is a Chinese term that is sometimes called ultimate energy. Qi (or chi) is considered vital energy, and gong (or kung) is the self-discipline to master a skill. Older than tai chi and yoga, the practice uses elements of physical movement, breathing and relaxation to promote wellness.

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“We are delighted to bring this new class to the Waterford,” says Waterford Health & Fitness Club Director Shawna Dschaak. “There is a growing body of research and evidence that underscores the importance of regular fitness activities; this class provides people with another option to receive the very real health benefits resulting from ongoing exercise.”

Born and raised in Bavaria, Germany, Omlid was part of a gymnastic team as a teenager. She and her husband and two daughters moved to Bismarck in 1973. She holds a Bachelor of Arts in Social and Behavioral Sciences and Secondary Education from the University of Mary and a master’s degree in School Psychology from Moorhead State University. She has worked as an educator in the public schools and a counselor, psychologist and director of education for the state.

When Waterford opened in August 2004, it offered three classes and had 75 members. Today, more than 425 people are members, with a choice of more than 12 classes. Specifically designed for people over 40 years, the club features a variety of fitness options, including two pools; Nu-Steps, Precor treadmills, elliptical trainers and Keiser strength-training equipment and aerobic studio. Services include health and wellness screening, fitness assessment, personal training, massage, and an on-site therapy clinic.