

Prime Fitness Wellness Newsletter March 2026



Put Some Spring in Your Step!

March arrives with longer days, fresh energy, and the perfect rhythm for movement. As we step into this vibrant season, our focus turns to **dance** – an art form that connects communities, tells powerful stories, and invites each of us to express ourselves beyond words.

“Movement is our fountain of youth – and we refill it daily.”

Dance is a joyful and powerful way to support both body and mind. Whether enjoying a gentle community ballroom dance class or moving to familiar rhythms in line dance classes, you can improve many areas of your life:

Physical Benefits

- Raises heart rate safely
- Improves circulation
- Improves bone density
- Increase muscle tone
- Reduces stiffness
- Builds endurance



Cognitive Benefits

- Improves coordination
- Improves memory
- Enhances recall
- Increases neural plasticity
- Increases processing speed

Emotional Benefits

- Boosts mood
- Reduces symptoms of mild depression
- Builds friendships
- Encourages positive self image



Class Spotlight: Line Dancing with Colleen

Our featured class this month is Line dancing with Colleen. This class is on Monday afternoons from 1:00pm-2:00pm in the Group Fitness room. Experience an hour of line dancing to country music, oldies and yes, event waltz. This is considered to be a low impact movement. This class is ideal for anyone wanting to kick up their heels and have some fun!

A little about Colleen:



Howdy! My name is Colleen. Growing up in Hawaii brought with it a diverse culture. I grew up learning hula and Okinawa dance. After two years of aiding in my fathers care after a stroke, I began working at Kuakini hospital in the geriatric department. This was a rewarding experience that contributed to helping my father and enriched my future teaching experiences. I moved from Honolulu, HI into the Salem area in 1994. In 2006, I married my husband Randy who introduced me to line dancing and square dancing. I have been teaching dance and Hawaiian culture for the last 25 years and have taught at Chemeketa Community College as an adjunct professor as well as many communities around Salem and Monmouth.

My prayer has always been to be a blessing to attendees and remains so today.

Aloha ke akua, Colleen

Wellness Activities this month:

Irish Dance Performance:

Stop into Irish Dance show by the Yeates Academy of Irish dance on **Saturday, March 7th** for a preview of our Irish Dance workshop on St. Patrick's Day.



Irish Dance Workshop

Start your dancing journey on at our Irish dance workshop with Esther on **March 17th, at 2:00pm** in the PrimeFitness **Group Fitness Room.**

*For more information contact Wellness Coordinators Heather and Esther.
(503) 375-5905 or find us in the Prime Fitness office M-F 8am-4pm*