



801 E. Front Street, Traverse City, Michigan 49686

231-922-4911

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FOR IMMEDIATE RELEASE

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Contact: Ericca Hovie, Program Coordinator

Phone/Email: 231-922-4911/lwells@grandtraverse.org

Subject: Chair-a-Size Coming to the Senior Center

TRAVERSE CITY – You don't have to stand to engage in exercise, because there is "Chair-a-Size."

On Wednesdays starting January 4, 12:30 p.m., the Traverse City Senior Center will host twice-weekly chair exercise classes. The second class each week will take place on Fridays at 10 a.m. Each class, taught by certified fitness instructor Karen Belanger, is 45 minutes.

Participants can expect engaging in a fun, energetic strength, balance, and flexibility exercise class from a chair.

According to Senior Center Program Coordinator Ericca Hovie, Belanger offers several popular exercise classes at the Senior Center. "Karen has great rapport with her students, while providing a tremendous health benefit," says Hovie.

Cost is \$5 with no advance registration necessary.

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