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**\*FOR IMMEDIATE RELEASE\***

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Contact: Lori Wells, Manager

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**Subject: Line Dancing for Beginners**

**Grand Traverse Senior Center Network** – As we all know, a monotonous workout while exercising does not help one’s motivation. So, when you combine exercise with a dance routine, it is definitely more fun. Line dancing not only has the ability to raise your heart rate, but also has an added bonus of stimulating your brain while you are memorizing the dance steps.

For those of you who don’t know, the basics of line dancing are very simple. Participants stand in a succession of parallel lines, dancing a choreographed dance with a repeated sequence of steps to the beat of the music. If you are new to line dancing, a beginner’s class will have dances that are easy to execute.

A new line dancing group for beginners will start Wednesday, March 1, at Twin Lakes Fitness in the Gilbert Lodge, located in Grand Traverse County’s Twin Lakes Park, 6800 North Long Lake Road. The group will meet each Wednesday from 1 to 3 p.m. There is no registration required – just show up ready to dance. The cost is \$3.00.

For more information, contact the Senior Center Network at 231-922-4911.

For reservations please email [dmikowski@grandtraverse.org](mailto:dmikowski@grandtraverse.org) or call 231-922-4911.

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