



**Grand Traverse County Commission on Aging
Senior Center Network**

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FOR IMMEDIATE RELEASE

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Subject: Corebar Vital™ Classes Now at Senior Center

Beginning Tuesday, June 16, at 10:00 a.m., the Senior Center in Traverse City will begin offering a 45 minute Corebar Vital™ Class.

The signature of Corebar Vital™ is that it contains no jumping or running and has a relaxation part at the end. It's fun, energetic and easy to follow, the intensity is easily adjusted by the participants themselves. It's a "full-package" training – cardio, core, balance and relaxation. Due to the low-impact exercises it's gentle for knees and other joints. It's a perfect class for beginners, either to Corebar training or training in general, but is also a format people can stick with regardless of fitness level.

"Our instructor, Michele Ryan, loves what she does and believes in fitness health, no matter what shape that comes in," says Ericca Hovie, Program Coordinator. Ryan competed for Iowa State in All Around Gymnastics and she and her two daughters compete in triathlons. She's been certified in many disciplines of fitness since 1985 and began group instruction in Traverse City in 1992.

"We are excited to be able to offer this trendy new fitness class at the center," continues Hovie.

Each class is \$5 per adult and advance registration is required as spots are limited. Questions? Call 231-922-4911 or email ehovie@grandtraverse.org

The Senior Center Network is part of the Grand Traverse County Commission on Aging – "Caring for those who cared for you" for 40 years.