



We will enhance community and quality of life through people, parks, and programs.

For Immediate Release

September 2, 2016

SUBJECT: Fitness Programs Offered at Twin Lakes Park: Fall Schedule Starts Tuesday, September 6

Long Lake Township, Grand Traverse County – On Tuesday, September 6 and continuing through the week, the public is invited to “Dollar Days” at Twin Lakes Park so that everyone can sample some of the community-minded and culturally inspired fitness programs to be offered this fall by Crystal Bindi Studios, which has partnered with Grand Traverse County Parks and Recreation to offer “Twin Lakes Fitness,” an expansion of recreational services in the Long Lake Township area.

“I have been a resident of Long Lake Township for over twenty years,” said founder and owner Penny Morris, “and I’m thrilled to offer the convenience of close-to-home fitness classes to my neighbors, and help earn revenue for a beautiful jewel of a facility right here in my own backyard.” Said Morris, “We now will be able to serve a new area in the county, and make it possible for our entire community to play in your county park in a way that has not been possible before.”

According to Morris, both the historic Gilbert Lodge at Twin Lakes Park and the newly renovated lower level “create the perfect atmosphere to relax and enjoy the programs offered.” Morris explained that Crystal Bindi’s programs “make it possible for us to celebrate the skin we’re in,” and defines her classes as “fitness for every body (two words) at affordable prices in a supportive, noncompetitive, peaceful environment. All ages, body types, and talents are encouraged to join us.”

“The County Parks and Recreation Commission is delighted with our new partnership,” said Parks Director Kristine Erickson, “which will expand services and bring a new audience to a deeply appreciated, yet underused county park.”

Fall programming features Yoga, Zumba, Middle Eastern drumming, Bellydance, Feldenkrais and even an Aikido program for all ages. Morris encourages constant input for her ongoing schedule. “I am interested in serving the community,” she said, “so if we have requests for a class at a certain day or time, we will do our best to match instructors with participants and create the classes they desire.”

Morris and Erickson urge the public to attend Dollar Days at Twin Lakes Park’s Gilbert Lodge, 6800 N. Long Lake Road, between September 6 and 11. “It’s a fantastic way to try every class without breaking the bank,” said Erickson.

For more information, call Penny Morris at Crystal Bindi Studios, 231-932-0668 or the Grand Traverse County Parks and Recreation Department at 231-922-4818, or visit www.crystalbindistudios.com on line.

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