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www.grandtraverse.org/scn

Making longer lives, better lives.

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Contact: Lori Wells, Manager

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Subject: Alone Together – Virtual Exercise and Yoga Classes

The Grand Traverse County Senior Center Network is working with exercise and yoga instructors, Karen Belanger, Jeana Seidelman and Naomi Call, to offer free virtual exercise and yoga classes and we want you to be prepared. The exercise and yoga classes will air on Charter Channel 189, please refer to the schedule below, or you can access the classes through the [Traverse Area Community Media](#) website and click on the "Educational" tab. If you would like to "sign out" an exercise ball, stick, band, block, strap and weights, please call the senior center at 231-922-4911 to schedule an appointment for pick-up.

Exercise and Yoga Program Schedule March/April 2020

- Mondays at 9 a.m. - Chair Yoga (Naomi Call)
- Tuesdays at 9 a.m. – Energetics (Karen Belanger)
- Wednesdays at 9 a.m. – Yoga for Everyone (Naomi Call)
- Thursdays at 9 a.m. – Energetics Thursdays (Karen Belanger)
- Fridays at 9 a.m. – Chair Yoga (Jeana Seidelman)