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www.grandtraverse.org/scn

Making longer lives, better lives.

FOR IMMEDIATE RELEASE

Date: June 1, 2020

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 anytime by going to the Senior Center website www.grandtraverse.org/scn click on the "Virtual Programming" tab or go to the [Traverse Area Community Media](#) website and click on the "Educational" tab. If you would like to "sign out" an exercise ball, stick, band, mat, strap, block and weights please call us at 231-922-4911 to schedule an appointment for pick-up.

Exercise and Yoga Program Schedule:

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