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FOR IMMEDIATE RELEASE

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Contact: Lori Wells, Manager

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Subject: Line Dancing

Interlochen – As we age, cardio workouts are vital for a healthy life, but when done in a gym on treadmills or exercise machines, boredom can set in. We all know the one thing we need when trying to keep our body fit is motivation. Thus, many have found that exercise combined with a dance routine is a great way to stay fit and do away with any boredom, no matter what age.

Join guest instructor Ryan Dobry for line dancing at the Senior Center's Golden Fellowship Hall in Interlochen, 9700 Riley Road, on January 9, February 6, March 6 and April 3, from 11 a.m. to 12:30 p.m.

Dobry has been line dancing since the mid seventies and is now retired from 30 years as a disc jockey in Country Radio.

"Anyone can line dance – if you can walk, you can line dance," Dobry points out. "It is a great way to exercise. You don't feel like you are exercising, because you are having so much fun."

The cost of each class is \$5.00 and pre-registration is appreciated, but not required. The above dates are subject to the Senior Center snow day policy.

For more information and to register, email dmikowski@grandtraverse.org or call 231-922-4911.

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