



Grand Traverse County Commission on Aging Senior Center Network

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FOR IMMEDIATE RELEASE

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Subject: Second Pilates Class Added at Senior Center

Due to popular demand, the Senior Center Network in Traverse City has added a second Pilates class. Pilates improves flexibility, builds strength and develops control and endurance throughout the entire body. It puts emphasis on alignment, breathing and developing a strong core. Studies have shown that adults who practice Pilates regularly have a decreased risk of falling as they have improved coordination and balance.

“I love what I do,” says Michele Ryan, the new instructor. “I believe in fitness health, no matter what shape that comes in.” Exemplifying her beliefs, 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.

Pilates classes are 45 minutes long and are offered on Mondays at 11:00 am with Michele Ryan and Wednesdays at 10:15 am with Bridgit Frank, each class is just \$4 per person and advance registration is not required. Questions? Visit gtcoa.org or call 231-922-4911.

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