



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

For Immediate Release

Culturally-based Fitness Programs Offered at Twin Lakes Park: Open House Wednesday

Long Lake Township, Grand Traverse County – On Wednesday, June 8, from 5:30 to 8 p.m., the public is invited to sample some of the unique, yoga, dance, and fitness programs to be offered this summer by Crystal Bindi Studios, which has partnered with Grand Traverse County Parks and Recreation to expand recreational services in the Long Lake Township area.

“Twin Lakes Park is the perfect place for Crystal Bindi’s programs to take place,” said founder and owner Penny Morris, “because of its beautiful, uplifting atmosphere, outdoors and inside the facilities, and because of its location. We now will be able to serve a new area in the county, and make it possible for our entire community to enjoy a beautiful jewel of a facility in a way that has not been possible before.” Morris says that Crystal Bindi’s programs “make it possible for us to celebrate the skin we’re in,” touting her classes as “fun fitness at reasonable prices in a supportive, noncompetitive, calm environment.” Summer classes at Gilbert Lodge kick off on Wednesday, June 15 with belly dancing and Middle Eastern drumming classes.

“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.”

Summer programming will feature yoga, Zumba, stretching classes, Middle Eastern drumming, and even a “Wiggler” belly dancing class for little ones, aged three to six. According to Erickson, Crystal Bindi’s summer programming will expand in the fall, because, she explained, “There will have more space, since our plan is to clean out and clean up the basement in Gilbert Lodge to use for even more programming and events.”

Morris and Erickson urge the public to attend Wednesday’s open house at Twin Lakes Park’s Gilbert Lodge, 6800 N. Long Lake Road to sign up for classes, experience demonstrations and live entertainment by drummers and dancers. Guests can also preview the summer class schedule and provide programming input for fall. “This is a chance for us to get to know the community, see what they need, and really serve them,” said Morris, and for the public to see the magic that Crystal Bindi offers.”

For more information the open house or upcoming classes and costs, 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.

###