



Exercise indoors

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have hiking trails, ski trails and a nature reserve, so we've got you covered either way."

Tennis enthusiasts can keep playing throughout the winter at the Grand Traverse Bay YMCA, and this year, they have added almost 100 new players to their roster. In addition, the Y has an off-site gymnastics program located at Woodmere and Carver that is a dedicated gymnastics facility and currently serves more than 300 young people. For more information on these programs, call 933-YMCA.

Through Extended Education Services at Northwestern Michigan College in Traverse City, winter fitness means the opportunity to improve skills at golf for all levels of ability, try out scuba diving, or join in aquatic exercise and aerobic sessions.

Courses to learn or improve at golf are taught by PGA Professional Todd Brown and students can utilize the latest technology to enhance their game at the Golf Center on Secor Road in Traverse City. Beginning Golf, Women's Golf Basics, Intermediate Golf and Advanced Golf are available.

Scuba diving is a joint offering with NMC's Physical Education Department and is an entry-level course designed to assure knowledge and practical application with an emphasis on safety. Scuba equipment is included and classes take place at the Civic Center.

Finally, classes in Aqua Aerobics and Aquatic Fitness are held in the pool at Grand Traverse Resort. They focus on moderate to high-intensity low-impact aerobics, total body strengthening, toning and overall flexibility training. Non-swimmers are welcome and senior discounts are available.

For more information on courses through Northwestern Michigan College, call 995-1000 or visit their Web-site at www.nmc.edu.

Nancy Sundstrom is a local freelance writer.

Exercise specialist Judith Griggs has two classes currently in Traverse City.

An Aqua aerobics class takes place Monday, Wednesday and Friday from 4 to 5 p.m. at the Park Place Hotel's pool. Drop in fees, punch cards or monthly memberships are available. For more info call 929-4655.

A Strength training (water resistance) class take place Tuesday at 9 a.m. at the Civic Center pool in Traverse City. For rates and more information call 922-4818 or their hot-line at 922-4830.

Gyms' new additions can help subtract your recent gains

By **NANCY SUNDSTROM**
Special to the Record-Eagle

If you work out regularly or are thinking about beginning a new exercise regimen, you might be surprised by some of the exciting new options that are available for you at established exercise facilities in the area.

One of those is the Grand Traverse Bay YMCA, which offers more than 65 different programs for children, teens, adults and families in the categories of adult sports, camp, child care, family, health and fitness, teens, tennis and youth sports, all of which are nationally recognized YMCA services.

Tom Van Deinse, CEO at the YMCA, is enthusiastic about the recent addition of new exercise equipment and class offerings.

"We got a lot of new equipment a couple of years ago and we've been steadily adding since," he said, mentioning a 14-piece circuit of Selectorized Weight Stacks, 12 pieces of cardio equipment including treadmills, exercise bikes and stair steppers, and three broadcast vision TV screens as some of the latest acquisitions. "Everything we've got is designed to give you a good workout and maybe even let you forget you're working out."

The Kaiser machines that were formerly in the main workout area are now in a separate fitness room that offers more privacy and is air-conditioned in the summer. The third fitness area at the Y offers free weights. It has the most new improvements with its dumbbells, squat racks and other weight equipment.

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Record-Eagle/Elizabeth Conley

The cardio equipment at Centre Ice's new fitness center just outside Traverse City.

THIS ISSUE

Cover: Left, Nicole Kotrbova of the Czech Republic, now living in Traverse City, and Tammy Casselman of Interlochen, work out at Traverse City's Fitness Center.

Photo: Record-Eagle/Jim Bovin

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