

# Alternative exercise for those who don't pump iron

BY NANCY SUNDSTROM  
Special to the Record-Eagle

So you want to get in shape, but you're not necessarily interested in climbing onto a stationary bike or treadmill or lifting weights?

Take heart — there are plenty of ways to kick start a fitness plan, even if you think you've done it all before. Have you tried swimming or Pilates? Does a cardio kickboxing, gymnastics or boot camp class intrigue you?

Would you like to knock off a few pounds, but achieve some other goals while doing so, like increased flexibility, better posture or more overall energy?

Here are some options available in the area for alternatives to the traditional gym-workout routine.

Jennifer Pampu, a manager at Traverse City's Fitness Center, said that in addition to the gym, there's a wide range of specialty exercise options.

The Fitness Center has Pilates classes that are appropriate for every age, from teenagers to seniors. The Pilates system modifies a series of exercises that strengthen the core area of the back and stomach, making it great for beginners and athletes of any fitness level.

"You can lose inches and gain better flexibility and posture," said Pampu, "and do it

in a group or private mat setting or in a private reformer system that can handle up to 500 different exercises."

Yoga classes for flexibility, stress relief, upper body strength and are presented in a group setting that is free with membership. Those interested in martial arts can take Saturday classes that are geared for all ages at all levels. Tae Kwan Do sessions teach safety, self-protection and strength and give a cardio vascular workout.

In addition, said Pampu, the Fitness Center will expand it's space to make more room for work-outs with mats, balls and bands, all of which help with balance, posture and general muscle tone.

Water sports is one of the most effective forms of exercise and the Civic Center in Traverse City offers swimming instruction for beginners during three different, hour-long sessions each week, as well as adult lap and open swim sessions. Marilyn Zilenski of the Civic Center encourages those interested to view the Web site at [www.grandtraverse.org](http://www.grandtraverse.org) for a complete schedule of classes and events. The site's information on other exercise options also includes walk-athons and skating at their ice arena that is coordinated by Centre Ice.

Swimming facilities are also



Record-Eagle/Jim Bovin

**The Traverse City Civic Center's Easling Pool offers various water aerobics to students of all ages as well as swim classes and open pool time.**

available at the Grand Traverse Resort and Spa in Acme and the Park Place Hotel in downtown Traverse City.

If you prefer a more private setting, however, you can contact Ultimate Fitness in Traverse City, which, in addition to its exercise studio, has a two-lane lap pool for aqua

fitness.

Lydia Gallegos, director of fitness at the YMCA of Traverse City, says that they have a wide range of programs addressing healthy living and fitness that include yoga and Weigh to Live classes — sessions that dispel fad diets and talk about how to change thinking about food and devel-

op healthy eating plans. They also offer kick boxing and boot camp classes, Silver Strength for seniors, strength training programs called STEPS and Totally Toned, and Creative Movement for Pre-Schoolers, which is designed for moms and children.

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