

# Organizations offer many options to get fit

BY BETHANY BROADWELL  
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Opportunities abound for local residents to get fit or maintain their wellness in 2005.

Depending upon the activity they want to try and individualized factors, such as age and budget, community members can determine the location for them to focus on their health.

The YMCA, for example, offers 65 different programs throughout the year "designed to build healthy spirits and minds as well as bodies."

Basketball, racquetball, handball, pickleball, golf, table tennis, softball, volleyball, yoga, step and tone aerobics, boot camp exercise, tennis, roller hockey, flag football, YMCA Pop Warner Football, gymnastics, martial arts, soccer and pee-wee sports are just a partial list of the Y's activities.

Tom Van Deirse, CEO of the Grand Traverse Bay YMCA, emphasized a primary part of the organization's mission is to provide healthy programs for all.

"I think that might be what people like most about the YMCA versus some other fitness alternatives — we're fun for the whole family," he said.

YMCA membership rates are \$15/month for youth, \$20/month for seniors, \$25/month for adults, \$30/month for senior couples, \$35/month for adult couples and \$40/month for families.

Most adult fitness programs

are free with membership, and all other programs are offered at a greatly reduced rate for members. Plus, members receive a "Y AWAY" sticker accepted at more than 1,000 YMCAs nationwide.

The local YMCA workout facilities include a 14-piece Body Power circuit, a complete cardio center of treadmills, bikes, steppers and ellipticals, with two new video screens just added, and free childcare.

The Grand Traverse Bay YMCA is also looking to expand in the future. Van Deirse said, "Our local YMCA is preparing to kick off a \$6 million dollar capital campaign for the construction of a new facility focused on aquatics."

For more information, contact the YMCA at 933-9622.

At the Grand Traverse County Civic Center, the public can enjoy water activities, like organized water exercise and open swim for all ages.

On Monday, Tuesday and Thursday from 11-11:50 a.m., a low-impact water exercise class is offered, which is attended primarily by seniors and people with disabilities.

The public pool schedule and class listings is on the Grand Traverse County Web site at [www.grandtraverse.org](http://www.grandtraverse.org).

Additional adult laps are being offered this season, and Grand Traverse County residents pay a discounted rate for civic center pool use. For more, call 922-4818.

Grand Traverse Pavilions' Aquatic/Wellness Center is another location concentrating on water activities.

"The Aquatic/Wellness Center offers constituents at The Pavilions as well as adults in our community a complete on-site rehabilitation program, including physical, occupational and aquatic therapy as well as speech-language pathology," said Patti DeAgostino, community relations director for Grand Traverse Pavilions.

Aquatic/Wellness Center offerings include gentle water exercise for people with arthritis, a faster-paced arthritis

Aquacise class, aqua conditioning, a water exercise and relaxation program called Ai Chi, Aquacise, aqua aerobics, Hydro-Fit strengthening and personal training.

Beginning in January, a second Ai Chi class had been added to the sessions.

"The simplicity and relaxing nature of Ai Chi have great appeal," said DeAgostino.

Aquatic/Wellness Center's




Record-Eagle/Lara Neel

**Clockwise from top: The Grand Traverse Bay YMCA offers a range of activities for all ages; Juliana Philips, 6, teachers her cousin, Oliver Phillips to get comfortable with basketballs; Roxanne Tice walking on the treadmill.**

pool, heated to 90 degrees, features a lift chair, which provides accessibility for people with disabilities. Instructors are certified by the Aquatic Therapy and Rehab Institute, and one is also a licensed physical therapist.

For more, contact the Grand Traverse Pavilions' Aquatic/Wellness Center at 932-3172 or visit online at [www.gtpavilions.com](http://www.gtpavilions.com).

Classes are held twice a week for five weeks, and participants are encouraged to consult with a physician




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