

before taking part.

Munson Medical Center will offer a six-week series of classes beginning Feb. 28 and late March/early April.

Classes will meet once per week and will range in price from \$50 - \$75. All classes are taught by certified instructors selected by Munson Community Education & Wellness.

For example, an eight-week nutrition/exercise course, called Healthy Weight, will also be offered throughout the year.

“Munson and its affiliates offer a tremendous volume of health and wellness programs, many that our community is not even aware of,” said Edmund H. Pienkosz Jr., director of Munson’s Community Education & Wellness.

The comprehensive weight management program and post-natal yoga are new classes. Pienkosz also said that Munson, in coordination with the Traverse City chapter of the American Lung Association, is offering Smoking Cessation courses in January, April and September.

Class participants, according to Pienkosz, generally “balance between those looking for prevention and those returning to good health.”

Further information is available on-line at www.munson-healthcare.org or by calling 935-6449.

Northwestern Michigan College’s Extended Educational Services is offering 12 different exercise classes this winter, nine yoga classes, 13 sports and outdoor classes, five dance classes and four martial arts courses. Most start the second or third week of January with new sessions beginning in mid-April. Classes range from a one-day



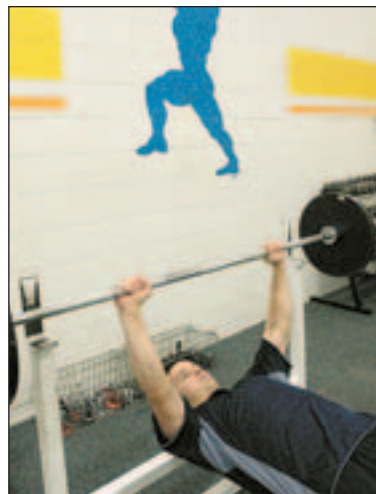
skiing experience to 15-week Pilates or aerobics courses.

Pilates is currently popular, and Maureen Carlson, publications assistant for NMC Extended Educational Services mentioned “Ladies Alpine Ski Day” and “Winter Snowshoe and Running Workshop” are new options this season.

“The great instructors and fun atmosphere make it enjoyable to try something new and see how you like it, without a long commitment,” Carlson said.

For more, visit their Web site at www.nmc.edu/ees and click “Enrichment Topics” or call 995-1700 for a mailed.

Bethany Broadwell is a local freelance writer.



Record-Eagle/Lara Neel

From top, Samantha Rognlie, practices her freethrow at the Grand Traverse Bay YMCA; Jesse Curley pumps iron in their weight room.

Kayak anatomy



SOURCE: www.1explore.com

Copley News Service / Paul Horn

Where to play a few rounds

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SOURCE: Travel + Leisure Golf

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