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BOOS CENTER UPDATES EXERCISE CLASSES IN TIME FOR NEW YEAR'S RESOLUTIONS

JACKSON, MI - Beginning Jan. 2, 2018, Jackson officials will offer updated exercise class offerings at the Boos Center, 210 Gilbert St., in the heart of Loomis Park. From Jan. 2-6, all classes at the center are offered free of charge.

“We want people to consider the Boos Center and what the City of Jackson has to offer when gearing up for their new year’s resolution,” Recreation Services Coordinator Joe Hawley said. “We offer various yoga, pilates, aerobics, zumba and cardio classes on a weekly basis and our instructors have more than 100 years of combined certified teaching experience.”

Classes are \$4 each, or participants can pick up a 10-class punch card for \$32.

Exercise classes include “Strength and Stretch” with Michelle Woods, a certified fitness instructor and personal trainer; “Rise and Flow Yoga” with instructor Beth Hall; “Pilates Barre Fusion” with instructor Amy Reamer; and more.

For a full list of class offerings in 2018, visit www.cityofjackson.org/boos.

“We will be having winter yoga workshops periodically throughout the winter and spring to help beginners learn proper technique and positioning,” Hawley said. “Be sure to call us or check the website for updated class schedules and workshops.”

Hawley said all classes offered at the center are family friendly and are designed and adaptable for people of every level and ability.

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Email Will Forgrave at wforgrave@cityofjackson.org or call him at (517) 316-5750 for additional information.