

PARKS AND RECREATION DIVISION

FOR IMMEDIATE RELEASE

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Grinnell Hall Hosting Free Exercise Class

May 6, 2019 - Grinnell Hall is introducing a new fitness class called “Fighting Back with Exercise.”

The free class will be held from 1-2 pm. Monday, May 13, at Grinnell Hall, 631 Bluff St.

Studies have shown that exercise slows the effects of many diseases and of age. Being able to function fluidly in our daily lives requires effort to retain flexibility, strength and balance. The class will be held in a controlled environment that fosters fun and support. Fighting Back with Exercise will focus on enhancing the quality of life and performing and enjoying daily living activities.

Class participants will:

- Recognize how exercise enhances daily functions.
- Work on improving posture and gait.
- Demonstrate getting out of a chair and on/off the floor.
- Demonstrate breathing techniques to reduce stress and enhance calm.

The class is open to the public. Interested participants should contact Grinnell Hall at 608-364-2875.

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