



NORTHERN MICHIGAN

Contact: Catherine Dewey
Communications Specialist
231-487-4003
Catherine.dewey@mclaren.org

McLaren Northern Michigan FREE FITNESS FOR SENIORS

Petoskey, MI – McLaren Northern Michigan invites seniors, 50 years of age and older, to attend one free fitness class on Wednesday May 30 and Thursday, May 31 in recognition of National Senior Health & Fitness day.

Offered at the John & Marnie Demmer Wellness Pavilion and Dialysis Center, located at 820 Arlington Avenue in Petoskey, free classes include:

Aquatics - Call (231) 487-4889 to sign up. Limited spots available.

- Stretch, Strength, Balance - offered Thursday, 8:30 – 9:30 a.m.
- Low-impact Arthritis – offered Wednesday, 11:45 a.m. – 12:45 p.m.
and Thursday, 9:30 – 10:30 a.m.
- Open Swim - offered Thursday, 11:45 a.m. – 12:45 p.m.
- Circuit Training - offered Wednesday, 8:30 – 9:30 a.m.
- Aqua Yoga - offered Wednesday, 9:45 – 10:45 a.m.
- Hydro Endurance - offered Wednesday, 4:30 – 5:30 p.m.

Exercise Gym - Call (231) 487-4830 to sign up. Limited spots available.

- Strength Training for Beginners - offered Thursday, 9 – 10 a.m.
- Strength Training for Women Only - offered Thursday, 5:30 – 6:20 p.m.

“Staying active is important for all ages, especially the senior population,” stated Adriane Corlew, MHA, OTRL, Rehabilitation Manager at McLaren Northern Michigan. “We are very pleased to offer an event to bring attention to the health and wellness services McLaren Northern Michigan offers not only to seniors, but the community.”

If you would like to learn more about free balance testing or health & wellness programs offered through McLaren Northern Michigan, please call (800) 248-6777 or visit mclaren.org/northernclasses.

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About McLaren Northern Michigan

McLaren Northern Michigan, a subsidiary of McLaren Health Care, is a 202-bed, regional referral center located in Petoskey, serving residents in 22 counties across northern lower Michigan and the eastern part of the Upper Peninsula. Over 230 physicians represent nearly all medical and surgical specialties, enabling full-service care with an emphasis on heart, cancer, orthopedics, and neuroscience services. For additional information, visit mclaren.org/northern.