



For immediate release

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For more information:

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Active Aging Week offers opportunities to sample fitness classes

VANCOUVER, Wash. — Boxing, dancing, yoga and exercises on land and in the water will all be offered at no charge during Active Aging Week (Sept. 27 - Oct. 3) at the Touchmark Health & Fitness Club.

The international celebration encourages adults 50 or better to live as fully as possible in all areas of life, regardless of age or health conditions.

“All of the classes and fitness activities are designed to improve balance and function as well as reduce injurious falls,” said Health & Fitness Director Kim Lehmann. She encourages everyone to try something new. “All demonstrations are set up so the public can either observe or participate.”

Touchmark Health & Fitness Club is located at 2927 SE Village Loop.

Tuesday, Sept. 29

9 a.m. — Walking stick training and walk

10 a.m. — Cardio Dance demo

11 a.m. — Fitness Express demo

1 p.m. — Aqua Yoga demo

Wednesday, Sept. 30

9 a.m. — Balance and Stability demo

10 a.m. — Boxing Fitness for Boomers demo

11 a.m. — Tai Chi for Better Balance demo

1 p.m. — Balance Master® system demo

2 p.m. — Stay Active and Independent for Life demo

The club also will be offering complimentary body-mass checks and wellness information. For more information, call the club at 360-433-6400.

About Active Aging Week

Active Aging Week is the annual health promotion event organized by the International Council on Active Aging. The event is held each year during the last week of September throughout Canada and the United States and is designed to promote healthy and active lifestyles. icaa.cc/aaw.html

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TOUCHMARK HEALTH & FITNESS CLUB

2927 SE Village Loop • Vancouver, WA 98683

360-433-6400 • Touchmark.com

About Touchmark Health & Fitness Club

Located in East Vancouver's Fisher's Landing neighborhood at 2927 SE Village Loop, the Touchmark Health & Fitness Club serves people age 40 and up and offers a range of classes, personal training, specialized equipment and heated indoor pool. Visit Touchmark.com for more information.

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