

NEWS RELEASE



For immediate release

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New fitness offerings for new year, new you

VANCOUVER, Wash. — The Touchmark Health & Fitness Club is offering opportunities to start the new year right.

Weight Management and Nutrition. This 14-week class series at Touchmark Health & Fitness Club begins at 9:30 a.m. Friday, Jan. 12 and will be held every Friday through April 13. Each class will include education and exercise.

Participants will learn about portion control and necessary nutrients to stay healthy while losing weight. Meal planning, label reading, diet analysis, weight loss tracker and exercises are also included. Cost is \$9 per one-hour class; individuals can sign up in two 7-week sessions. Taught by Sherri Peterson, a certified personal trainer with a nutrition background. Call 360-433-6400 for more information or to register.

Barefoot Balance. Touchmark Health & Fitness Director Jennifer Short will teach Barefoot Balance, a fun class based on the idea that by going barefoot and feeling the ground, you can begin to awaken the vestibular system and new muscles, which assist with balance and support. When this happens, the brain can stimulate new neural connections, which can improve overall stability.

The 11 a.m. class will be offered Jan. 11, 18, and 25. No RSVP necessary.

Located at 2927 S.E. Village Loop in Vancouver's Fisher's Landing neighborhood, the Touchmark Health & Fitness Club serves people 50 years and older. Members enjoy a range of classes, personal training, state-of-the-art equipment and training systems, heated indoor pool and more. Additional information is available by calling 360-433-6400 or visiting Touchmark.com.

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