



For immediate release

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For more information:
Michael Stockman
405-340-1975

New Health & Fitness Studio for 50+ to open in Edmond Touchmark at Coffee Creek's new Studio offers specialized group fitness classes, public memberships

EDMOND, Okla. — A new Health & Fitness Studio for both residents and guests at Touchmark at Coffee Creek opens March 26, 2018.

The 4,500-square-foot center features state-of-the-art equipment, flat-screen TVs mounted on the wall, lounge space and welcome area and will offer group classes designed for those 50 years and older. Classes to be offered include FUNctional Fitness, chair yoga and PWR! Moves® for those living with Parkinson's disease. The Studio will host an open house from 3 – 4 p.m. on March 26 at Touchmark at Coffee Creek, 2801 Shortgrass Road in Edmond.

“We’re so excited to offer a variety of ways members can pursue an active, healthy life,” Exercise Specialist Hannah Eckel said. “Some people can get intimidated at a large gym full of people who are already in peak physical shape. We offer a place people can feel comfortable coming to and enjoy being with others and growing stronger.”

Eckel, who is certified in exercise physiology, functional aging and Parkinson's disease wellness and recovery, oversees the Studio and teaches the group fitness classes as well as provides personal training.

Studio memberships are available to the general public to anyone age 50 or above or people can pay per class.

The Studio's state-of-the-art equipment includes an Espresso HD bike, which give users a more interactive experience. A monitor depicts a real riding environment. Handlebars turn so riders can follow the course and magnetic resistance matches the course conditions. A unique password allows riders to log in and track their accomplishments and ride data, even allowing one to race against previous record times.

Bill Hines, a resident at Touchmark's Parkview neighborhood of single-family homes, discovered the bike as a good exercise alternative when he doesn't take his bike out on trails around Edmond.

“I don't want to sit somewhere and stare at the wall,” he says. “This gives me a way to

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feel like I'm really there. It's neat. I can shift gears. I can steer. I can watch people pass me on the road and try to peddle faster to pass them up."

Touchmark is part of the Coffee Creek 638-acre planned residential development, which includes recreational centers and walking and biking trails for Coffee Creek homeowners. A full-service retirement community, Touchmark at Coffee Creek offers a wide range of homes and lifestyle options. For more information, contact Touchmark at 405-340-1975 or visit Touchmark.com.

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