



For immediate release

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Conductorcise® classes begin at Touchmark at Coffee Creek

EDMOND, Okla. — A new fitness class for residents of Touchmark at Coffee Creek will be launched by the founder of the energetic Conductorcise program, and the public is invited to participate in an interactive presentation.

Maestro David Dworkin, creator of Conductorcise, will talk about the benefits of this unique form of exercising to music and lead participants in a participatory session at 10 a.m. on Wednesday, April 11. There is no cost for the presentation, but seating is limited. Those interested in attending can RSVP at 405-340-1975.

Modeled after the movement of orchestra conductors, Conductorcise engages the arms and upper body in creating motion to classical music as a physical workout. Classes provide a low-impact workout for the upper body that improves flexibility, posture and circulation.

While at Touchmark, Dworkin will be teaching and certifying staff members to be Conductorcise trainers, who will lead ongoing Conductorcise classes.

Dworkin, from Bedford Hills, New York, began his career as a clarinetist and was an avid chamber musician. Within his career, he has led orchestras across the globe, including at the Manhattan School of Music, the Philharmonic on the Hudson, and the New Jersey, Vermont and Manhattan symphony orchestras. Upon his retirement from conducting, Dworkin created and developed the Conductorcise program to share with others.

Touchmark is located at 2801 Shortgrass Road in Edmond.

About Touchmark at Coffee Creek

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](tel:405-340-1975) or visit Touchmark.com.

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