

# Two New Spring Fitness Classes for Active, Older Adults



Photo: Perry Sarkisian



taught by Celeste Graves.

**SPECIAL SPRING  
INTRODUCTORY FEE**

**\$42.00 for 6 Classes \$8.00 drop ins**

**At the Saugerties Ballet Center, 10 First Street, Saugerties, NY**

## **Tai Chi**

Tuesdays, 10:15 - 11:15 April 5 - May 10

### **Tai Chi**

Tai Chi is an art as old as civilization itself. With regular practice of its ancient principles, the mind and body work as one to improve focus, balance, and flexibility. Strength increases, both inner and outer, as internal energy is enhanced, and peace of mind can be recognized as a natural state.

## **Zumba Gold**

Tuesdays, 11:30 - 12:30 April 5 - May 10

### **Zumba Gold**

This invigorating, Latin-inspired dance fitness program is based on the regular Zumba Fitness Program, now designed for active, older adults, beginners, or **anyone** who prefers a modified, slightly slower version of this exhilarating dance/fitness program, for more fun, fitness, & success!

**About the instructor:** Celeste Graves-Hoyal, MA, CYT, has been an instructor of dance at The Saugerties Ballet Center for almost 20 years. She has recently been certified by the New York Arthritis Foundation to teach Tai Chi for Arthritis and related musculoskeletal conditions. A long time instructor in Dance Fitness as well, Celeste is thrilled to be offering Zumba Gold to active, older adults and others.

**For more information or to register for classes or private sessions,  
contact Celeste. 845 810 2742. Or [cghmoves@hvc.ir.com](mailto:cghmoves@hvc.ir.com)**

**Phoenix Rising Yoga Therapy is also available for  
individuals, couples, and groups**