

Exercise options available to stay fit and healthy throughout the year

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Although it may be hard to imagine now with temperatures eclipsing 90 degrees Fahrenheit on a weekly basis, but cooler temperatures are right around the corner and with beachwear season becoming a thing of the past, there is an ever present temptation to slack on exercise during the colder months.

Putting on extra weight in the winter does not have to be a yearly ritual however, as there are a number of options available to the people of Holyoke to stay fit throughout the year.

CSU Extension will be offering three courses this year including a Zumba class, a strength building course and a course that combines circuit training and weight training with long-distance cardio workouts.

Simply Fit also provides circuit training workout options. Melissa Memorial Hospital opens the doors to their rehab room for public use on a limited basis and SunSet View offers a strength and balance class aimed to help facilitate exercise amongst the elderly. Exercising at the HHS indoor and outdoor tracks is also an option.

For the full article, call us at 970-854-2811 to set up an e-Subscription.

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