



Timberland Regional Library; Website: www.TRL.org; Information: 704-4636 in Olympia area, or 1-800-562-6022.

FOR IMMEDIATE RELEASE

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Energize with Yelm library's March sport & fitness program series

It's time to come out of hibernation and stretch. Fortunately, the [Yelm Timberland Library](#) is offering the perfect series of programs to work winter out of your muscles and bones. Each Wednesday evening in March, local instructors will demonstrate a sport or fitness activity at the library. All programs will be from 6:30 to 7:30 p.m. and are free of charge. Come to one or all five and discover a new way to be active.

March 3: Fencing with Jerry Collell

Wear comfortable clothing and arrive "En garde!" to watch and experience fencing with Jerry Collell. You'll be surprised to find how strenuous fencing is when you experience its demand for stamina and flexibility. Collell has enjoyed teaching fencing and rock climbing to adolescents since 1972, because both sports level the playing field between genders and body size. Fencing students learn to read body language, synchronize, and find a balance between aggression and defense.



March 9: Yoga with Roberto Mazzarella

Stretch your body and mind when Yoga instructor and author Roberto Mazzarella leads you through a sample session. Yoga originated in India and is a term based in Sanskrit that means "to unite." Wear comfortable clothing and experience this ancient tool for both meditation and physical discipline.



March 16: Hip Hop workout with Brittany Talbott

Get ready for a dance workout—no experience required. Join Brittany Talbott at the library for Hip Hop HUSTLE™! Designed to be fun, the class is easy to follow for most. Wear comfortable clothing and bring your energy and water bottle.

March 23: Tai Chi with Rick Stillwagon

Rick Stillwagon will introduce Tai Chi, one of the "internal" styles of Chinese martial art, and the most widely practiced martial art in the world today. Stillwagon has 30 years of experience to share. Wear comfortable clothing and experience the health benefits of the ancient and relaxing art of Tai Chi.



March 30: Zumba with Brittany Talbott

Zumba is a fusion of Latin and International music that creates an exhilarating aerobic fitness program. Join Brittany Talbott for a free class. Wear comfortable clothing, bring a bottle of water, and prepare to work out—with rhythm. Talbott has been teaching Zumba in the South Sound area for two years.



The Yelm Timberland Library is located at 210 Prairie Park St. For more information, call (360) 458-3374.