

FREE Exercise Classes

Ceres Alumni Association is proud to announce Exercise and Jujitsu classes are now being held at the George H Peery Sr. Center (Ceres Gym) every Tuesday and Thursday at 6:00 p.m. Classes are free to all through April and all ages 5 and up are welcome.

The stretching and exercise class runs for 45 minutes and starts off with low impact stretching starting at the head and working down the body, followed by exercises borrowed from Yoga and martial arts warm ups. We finish up with targeted stretching of specific muscle groups worked that class to minimize soreness the following day. The fitness class is completely judgment free. Everyone comes and works out to their level and if someone is unable to perform an exercise they sit it out.

Our Jujitsu class teaches Sanshin-Ryu Jujitsu which is a traditional Japanese martial art, founded by Soke Robert Stines, that incorporates aspects of Karate, Judo and Danzan Ryu Jujitsu. It is a complete system that uses traditional stand up striking techniques, throws and take downs, and grappling. Our aim is to develop traditional martial artists with core values that benefit both themselves and their community.

So if you're looking to shed a few pounds, want to learn to defend yourself, want more discipline and self control, or just want a fun activity to do as a family come check us out. If you have any questions call Sensei Michael Pruett (276) 522-8614.

A grant from Wythe-Bland Foundation has made these classes possible.