



Geri-Fit® Senior Fitness Program Expands to Tiffin

Yoga Chuck's Health & Wellness Studio of Tiffin, Ohio recently had their grand opening celebration with over 100 area residents attending the ribbon-cutting ceremony. Chuck Burmeister, the owner of the new fitness studio, offers Geri-Fit® strength training classes for older adults in addition to yoga, stretching programs and other activities for all age groups.

The 54-year-old yoga entrepreneur decided last year to purchase a small shopping center with the vision that one of the units could be converted to a fitness studio, thus the beginnings of Yoga Chuck. His passion for yoga has touched the lives of many older adults who were amongst his first students at the Allen Eiry Senior Center where classes in his yoga methods grew quickly and were filled to capacity. Recognizing the need to diversify and provide additional health services to the older adult population sparked the idea to start a full time business devoted to senior health and well-being.

Yoga Chuck was the first Licensee of the Geri-Fit® evidence-based health promotion program in Seneca County. The Geri-Fit program originated in Cleveland Ohio where it was first introduced in 1994 at senior centers located in Streetsboro, North Olmsted and Kirtland. The program has continued to this day and with many of its same original class members, now in their 80's and 90's, still participating in the twice-weekly classes.

The 45-minute strength training workout is performed using dumbbell weights ranging in weight from 2 to 5 pounds. Participants see an improvement in strength, balance, flexibility and gait, but more importantly, the program helps to manage chronic disease such as type 2 diabetes and prediabetes as well as lessen chronic pain conditions such as arthritis and back pain. Class members are encouraged to work out at their own pace and do what they can. As the body becomes conditioned to the exercises, and range of motion returns, the weight used can be increased in order to build even more strength which will reap additional health benefits.

The beauty of the workout is that it's like getting a personal trainer but in a group setting. If participants have difficulty performing an exercise, the instructor will walk over to them and provide personal guidance to help them master the movements. Most of the exercises are performed seated in chairs and there is no choreography, dancing or floorwork. Both men and women can enroll with the average age being around 74-years-old.

“Our goal is to get them to stand up from a seated position, a movement that lessens as the aging process continues,” says Yoga Chuck. “I am here to help them turn back the hands of time so that they are able to function better and stay in their homes longer.”

Besides Geri-Fit® classes being held on Mondays and Wednesdays at 1:15-2:00 pm, the 1700 square foot studio also offers Hatha Yoga (beginner and advanced levels), Gentle Chair Yoga, Power Yoga, a Men’s Yoga class, and Movement for Mobility – a special yoga class for those with advanced medical conditions such as Parkinsons, MS, or cancer. In addition, the studio will provide a Power Plate – a vibrating plate for proprioception training and neuromuscular synchronization for enhanced training purposes.

Yoga Chuck Health & Wellness Studio is located at 384 W. Market Street in Tiffin, Ohio. For more info, call 419-618-1014 or visit their website at yogachuck.com.

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