



SALEM CT SENIORS

February 2, 2024

Exercise Programs Available Soon to the Salem Senior Citizens Group

I am excited to report that Marissa's Dance Academy has agreed to provide exercise programs for the Salem Senior Citizens Group.

Marissa would like to offer two different classes in the week; a siterscise session (more upbeat aerobic workout), and a slower gentle yoga session. Tentatively she is suggesting two time slots, Tuesday and Thursday 4:45 and Wednesday and Thursday at 6:45. The proposed cost would be \$10 a class. The sessions are generally 6 weeks long, so \$60/session. She would prorate the cost if anyone wanted to join mid-session. This allows for some flexibility but also lets her know approximately how many people would be attending each session planning purposes. She would like to advertise this to the general public in case there are Salem seniors who have not yet joined our group or are from neighboring towns. She would give our group preference by allowing a week more notice to sign up and a lower rate. Classes are tentatively planned to start in early March.

If you are interested in participating, please be prepared to select a session type (up-beat *siterscise*, and/or slower *gentle yoga* session) and preferred time slot, at our February 13th meeting. If you cannot attend the meeting, please e-mail your preferences to me at gclosius@sbcglobal.net. I will forward the e-mail contact information for those that are interested to Marissa Ruddat, Director of Marissia's Dance Academy. Those that have indicated their interest will receive an e-mail directly from Marissa with instructions on how the sign-up and proceed.

About Marissa's Dance Academy

Marissa's Dance Academy is located at 1 New London Road, Unit 26, Salem, CT. Marissa Ruddat is the director of the academy.

Contact Information: Phone: 860-207-4656, e-mail: info@marissadanceacademy.com.

About Marissa Ruddat

Marissa's passion for dance ignited during her youth in Massachusetts, where she competed with both her high school's dance team and local studio. Her exceptional talent landed her performance opportunities across the United States, including at Disney World and Disneyland, the Orange Bowl, and on various cruise ships.

Her love of dance only grew stronger during college, where she served as captain of the modern and jazz dance groups, and earned a Bachelor's degree in Dance from Dickinson College in 2016. Marissa's talent as a choreographer earned her multiple awards through the American College Dance Association. However, her main focus was on using dance as a way to bring communities together.

After college, Marissa continued to pursue her love of dance by teaching at local dance studios while earning a Master's degree in Occupational Therapy. By day, she works as a Director of Rehab at a skilled nursing facility, helping the elderly regain and maintain their independence.

