

**Press Release: Woodstock Times , April 3, 2014**

After a year plus hiatus, Celeste Graves is returning to Woodstock to offer a 6 week series of Zumba Gold® classes. Zumba Gold® is especially designed for active, older adults, beginners, or anyone preferring a slower, slightly modified version of the exciting and invigorating Latin dance-based fitness program. The sessions will be held on Fridays from 5:30pm to 6:30pm, from April 4th through May 9th. They will be held at 28 West Gym, located at the corner of Maverick Rd. and Rt. 28 . Contact Celeste at [845-810-2742](tel:845-810-2742) or [cghmoves@hvc.rr.com](mailto:cghmoves@hvc.rr.com) to register or for more information. "Lets dance in the Spring!"

***Poughkeepsie Journal, Living and Being, Feb, 27, 2014***

***Modified Exercises and aid the elderly, injured***

Dancer Celeste Graves-Hoyal has been offering hourly exercise classes to participants in the Always There Adult Day Program in Kingston for almost a decade. Two classes a week are devoted to creative fitness and one day is chair yoga. Many clients are arthritic and have Alzheimer's or are recovering from a stroke, so Graves creates special programs for their needs.

"The rhythm of the music and movement has a wide range of benefits," she says.

Many routines are done while sitting in a chair, with or without weights. Clients also hold onto their chairs when they do leg and

knee lifts.

“Just by moving they’re opening their joints,” she said.

She explained that ankle movement helps with stability, while arm and shoulder stretches open up the rib cage and help with breathing. Also, the yoga class has a focus on breathing and being in the moment, which has been well-received.

“I’m really focusing on the here and now,” she says. “With Alzheimer’s, that’s really what they have — it’s kind of ironic that I’m able to give them the highest spiritual teaching, because that’s all they can do.”

However, many also actively sing along to the music in the movement classes, since Graves makes it a point to play music from the '30s and '40s that many clients can remember. We sing — and reminisce. It’s as if moving in rhythm connects them to their own rhythm, and the rhythm of their life,” she says. “There’s tremendous unity.”

Graves also teaches in a variety of dance levels and locations throughout Ulster and Greene counties. Recently she became a certified Zumba Gold instructor. While the flashier, faster Zumba may be a hit for many 20-somethings, she is finding the gold program geared for older active adults has its own set of benefits.

“When you get older, your movements are a little slower,” she said. “With gold, you get the juice out of the motion and do the motions fully. If you try and blast through, you actually miss the fitness benefits.”

She’s also becoming involved in tai chi, a centuries-old practice that the Arthritis Foundation now embraces.

“I love teaching it and getting the group to move together,” said Graves, who is in her 60s. “It’s moving slowly, thoroughly, continuously. It’s really good for the joints — it keeps them lubricated and open.” Tai chi also focuses on mindful transferring of weight, from forward to back, through the center, which helps prevent falls.

“It smooths out my energy. You’re mindful of every millimeter of movement and in the process I’ve become much more mindful of everything,” she said.