

City of Seattle
Mayor GREGORY J. NICKELS

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Media Information

Seattle Center and Wallingford School of Oom Yung Doe Offer Summer Fitness with Tai Chi and Martial Arts

Build muscle balance and breathe through life's stresses at Seattle Center Summer Fitness, outdoor classes offered free-of-charge twice weekly June through August; Tai Chi on Tuesdays, 11 a.m. – 12 noon, and Eight Martial Arts Taught as One on Wednesdays, 1 p.m. – 2 p.m., at Seattle Center Mural Amphitheatre.

The weekday fitness classes, presented by Seattle Center in partnership with Wallingford School of Oom Yung Doe, are free and open to all ages and experience levels. They are intended to provide a revitalizing respite from the daily routine, ideal for neighborhood residents, downtown workers and families.

“We are excited about helping the community to stay fit,” stated Seattle Center Director Robert Nellams. “The fitness classes allow for a healthy mid-day break - to stretch and breathe, tone muscles and just have fun.”

Tai Chi is a form of Chinese exercise intended to improve health and well-being. Movements are slow and graceful without using force or power. The speed of the breathing matches the speed of the movement. By improving the respiratory and circulatory systems, basic joint and muscle flexibility and overall muscle tone, Tai Chi helps to release stress which accrues in daily life.

In Eight Martial Arts Taught as One, participants have the opportunity to learn all eight main styles (Ship Pal Gae, Kung Fu, Kom Do/Samurai, Hapkido/Aikido, Bagwa Chung, Udo/Ju Jitsu, Tae Kwon Do, Tai Chi) of traditional moo doe (martial arts). Each style develops the body in a different way. Taught correctly in combination, they give the participant complete, balanced development mentally and physically.

Seattle Center Productions, the programming arm of Seattle Center, provides the experience and technical expertise to present hundreds of events throughout the year in over 63 free and affordable programs. It also partners with community organizations to produce their activities at Seattle Center facilities.

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For more information on Seattle Center Summer Fitness, visit www.seattlecenter.com/fitness or call 206 733.9576. For information on Tai Chi and Martial Arts classes at the Wallingford School of Oom Yung Doe, visit www.oomyungdoe-nw.com.

About Seattle Center

Seattle Center draws you in. Its vibrant pulse brings together people of all ages and walks of life to create thousands of extraordinary experiences that enrich millions of lives each year. Entertainment options abound - starting with 63 free and low cost public programs and over 5,000 shows and events annually. The 74-acre campus, with its 17 acres of open space, is welcoming to all - and is home to more than 30 cultural, educational, sports and entertainment organizations. This treasured urban park exists to delight and inspire the human spirit in each person and bring us together as a rich and varied community. The 12 million visitors to Seattle Center each year generate \$1.15 billion in business activity and \$387 million in labor income for King County. For more information, visit www.seattlecenter.com.

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