



# Upcoming Events

A busy and fun year of activities are on tap for Doraville residents in 2017. Below is a general outline of what's in store. More details for each event will be communicated to residents as details become available.

## Spring

- ◆ Jan./Feb.—sports registration for T-ball and soccer.
- ◆ April—Mayor's State of the City address
- ◆ Flowers Park groundbreaking



## Summer

- ◆ May—*Movies Under the Stars* Summer Movie Series begins; Doraville Municipal Pool opens
- ◆ June/July—Doraville Summer Camp 2017, North DeKalb Youth football and cheerleading registrations



## Fall

- ◆ Sept./Nov.—Fall sports registrations for soccer and basketball
- ◆ Oct.—Center for Pan Asian Community Services (CPACS) Tea Walk 2017
- ◆ Nov.—Doraville Seniors Thanksgiving gathering



## Winter

- ◆ December—Mayor's Annual Christmas Tree Lighting; Doraville **Toys for Tots** holiday campaign by the U.S. Marine Corps.; holiday movie at Fleming Arena.



*Instructor Diane Hutchison leads a Heart Healthy dance class at Fleming Arena*

## Have fun while getting fit

# Dancing for your life

On any given Tuesday or Friday morning, a devoted group of about 25 exercisers can be found at Fleming Arena in Honesuckle Park "dancing" to the modern tunes of artists like Taylor Swift, Michael Buble and Pentatonix, all in the name of cardio fitness. The Heart Healthy classes, led by energetic instructor Diane Hutchison, offer an excellent venue for gaining stronger hearts, firmer muscles and extra energy.

Since around 1978, Hutchison has been helping put local residents on the path to better health by teaching the *Jacki Sorensen* method of aerobics. Sorensen's workout course, created nearly 40 years ago, was the world's first aerobic dancing program and is choreographed for the non-dancer so all students feel like they are performing while firming their body and strengthening their cardiovascular system. Hutchison, who started her professional career teaching language skills and French, was formerly a flight attendant and instructor with Trans World Airlines (TWA). She became a franchised *Jacki Sorensen Aerobics Programs* instructor in 1995.

For her Doraville students, Hutchison teaches four sessions a year, each with a new theme, music and choreography to appeal to a wide variety of tastes. The 12-week sessions offer everything needed for a complete head-to-toe workout with maximum results and are designed with both men and women in mind.

All classes include warmup with stretch-

ing, core work to firm and strengthen abdominals and torso, cardio to strengthen the aerobic system and burn fat and a cooldown with stretching. An integral part of each class is Sorensen's Vertifirm™ system of "standing up free weight workout floor exercises." These are a choreographed combination of weight exercises done standing in order to work on more than one muscle group at a time.

"We try to make the classes fun for everyone," says Hutchison, "because people won't come back unless it's fun!" This philosophy must work because she has repeat students who have been coming to her classes since she began instructing. "We've all grown up and our kids have grown up with us," she laughs.

Hutchison has many success stories from over the years relating how students have overcome diabetes, experienced weight loss and lowered their blood pressure. "Once people get active and realize the benefits, they keep coming back and making it a routine part of their lifestyle," she adds.

The classes are held Tuesdays and Fridays, 8:30-9:30 a.m. at Fleming Arena, 3037 Pleasant Valley Drive. For registration or general information, contact Diane Hutchison at 770-936-3850.