

**FOR IMMEDIATE RELEASE:**

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**GET IN SHAPE WITH CHAIR FITNESS AT PALISADES CENTER**

**WEST NYACK, N.Y.:** Beginning Saturday, June 2<sup>nd</sup> in Palisades Center's East Court, guests are invited to "Chair Fitness with Jilbear", a free fun and unique workout!

Chair Fitness is a great alternative workout with those who have limited mobility and injury recovery. This program is designed to help decrease the risk of heart disease, reduce stress on joints, and assist in managing weight. Jilbear will illustrate how these exercises will enhance physical activity, reduce the risk of falling, develop and maintain confidence, and additional positive factors to increase your quality of life.

Instructor, Gilbert "Jilbear" Paris is a Rockland resident and former dancer, teacher, and choreographer. For almost 10 years, he worked as an instructor at various senior centers and at Rockland Community College. In 1997, he was hired as a Recreational Assistant for a local nursing home and discovered his passion for dedicating his time to comforting those in need. "I would like to continue that legacy, by having different people experience what I have to offer," said Paris, "...for the mind, body, and soul."

"Chair Fitness is a fun way for guests to get their workout in during their visit to Palisades." says Rachel Chester, marketing director for Palisades Center, "We are thrilled to partner with Jilbear and watch his vision come to life."

**WHAT:** Chair Fitness with Jilbear

**WHEN:** Every Saturday in June from 12:00 p.m. to 4:00 p.m.

6/2, 6/9, 6/16, 6/23, & 6/30

**WHERE:** East Court within Palisades Center (Level 1 near H&M)

All Saturdays in June are free and open to the public. Beginning in July, Jilbear will move into the Community Access Rooms on Level 4 of the Center to further teach those who are interested. For more information, contact Jilbear Paris at (845) 270-3231 or [gilbertparis56@gmail.com](mailto:gilbertparis56@gmail.com).

**About Palisades Center**

Palisades Center is among the top ten most visited malls in America and is the premier shopping, dining and entertainment destination in the lower Hudson Valley. Located just 25 miles north of NYC, Palisades Center is a four-level shopping center offering over 200 stores, 15 sit-down restaurants, a bowling alley, ice rink, the world's tallest indoor ropes course, comedy club, and more. With its unique and diverse merchant mix, Palisades Center is the go-to place for local shoppers and tourists alike. To learn more, visit [www.palisadescenter.com](http://www.palisadescenter.com), [www.facebook.com/palisadescenter](https://www.facebook.com/palisadescenter), [www.twitter.com/palisadescntr](https://www.twitter.com/palisadescntr), or [www.instagram.com/palisadescntr](https://www.instagram.com/palisadescntr).

**About Pyramid Management Group, LLC**

Pyramid Management Group, owner of Palisades Center, is one of the largest, most innovative, privately-held shopping center developers in North America. Headquartered in Syracuse, New York, Pyramid's portfolio of retail-based, tourist and entertainment destinations dominate the northeast with 17 properties located throughout New York, Massachusetts and Virginia. Pyramid is an industry leader in combining the best elements of traditional retail with world-class dining and entertainment, all under one roof. For more information, visit [www.pyramidmg.com](http://www.pyramidmg.com).

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