

Village View

University Village Thousand Oaks

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Fitness at UVTO

Lori Michiel, FiftyPlus Fitness Instructor

Lori Michiel brings a surprising resumé to her position as a fitness class instructor. Were you aware that she has been a New York stock broker and then a banker? She characterizes herself as a peacekeeper and persuader, with a love for seniors. During her career in the financial world, she also volunteered at the Jewish Home for the Aged in Reseda, CA. Here she developed the program which she named FiftyPlus Fitness, and became certified in her “new” career in 2006.

Using music and props to keep everyone interested, Lori is dedicated to personalized instruction. With her private clients and her groups here at University Village, she provides activities which improve balance and the recovery of past capabilities which may have been lost to illness or general lack of conditioning. Her students report a greater sense of independence, becoming less accident prone and more flexible and disease free.

Lori respects the “sharp people” at University Village, and encourages even more folks to join the 38 participants already benefiting from her mind / body exercise sessions on Tuesdays and Thursdays from 11:30 am to 12:30 pm.

