



For Immediate Release

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CoWorking Meets Art & Community: The Artist's Gym Opens in Williamston

Lansing, MI - The Artist's Gym is a flow art and creation space for movers and creators who want to work next to and share with other artists. It's coworking meets art and community.

The Artist's Gym started as a personal studio space for owner Missy Cooke, who needed a place to practice hoop dance, especially over the cold winter months. Cooke is a professional hula hooper, who uses the art of hoop dance to help businesses and schools build stronger teams.

"After a few months in the studio, I knew I had to share it with the rest of the flow community. We all struggle with the same issue. Space. Especially over the winter when it's too cold to practice outside."

And it's not just the flow community. Many artists struggle with continuing their practice after high school. Whether they're in dance, they write, or they paint. Space is not as accessible to them like it is to athletes who have access to a choice of gyms in the area. The Artist's Gym fills that void, by offering a space for the average artist to work next to other creatives, in an environment that sparks their personal genius.

The Artist's Gym will host a grand opening celebration on November 18th from 12-8 pm. Enjoy a tour of the studio, test out the flow toys, and enjoy a free workshop. Learn how to hula hoop dance (and even make your own hoop), learn Thai massage with a friend, make your own canvas art painting, or get a free chair massage! Refreshments served. Family friendly. Find out more at LansingArtistsGym.com Or for event details go to: bit.ly/TAGNov18