



EXERCISE CLASS, CROUCH SENIOR CENTER

Jackson County Department on Aging

MOVING FOR BETTER BALANCE EXERCISE CLASS

TUESDAY & THURSDAY

10:30 AM - 11:30 AM

CROUCH SENIOR CENTER

Room 005, Ground Floor

Improve...

- . Balance
- . Muscle Strength
- . Flexibility
- . Mobility
- . Memory

STARTS BACK

SEPTEMBER 2

TUESDAYS & THURSDAYS!



JACKSON COUNTY
Department on Aging

**CROUCH SENIOR
CENTER**

**1715 Lansing Avenue
Jackson, MI 49202**

517-788-4364

Enrichment 768-8691
LMead@mijackson.org
<https://www.mijackson.org/619>

LED BY A CERTIFIED YMCA INSTRUCTOR