



ENHANCE FITNESS EXERCISE CLASS

CROUCH SENIOR CENTER ENHANCE FITNESS EXERCISE CLASS!

Every MONDAY and WEDNESDAY at 10:30 am *and* Every FRIDAY at 10:45 am

FIND YOUR FIT

Enhance Fitness Class

- More Energy! Better Balance!
- Increased Body Strength! Better Sleep!
- Simple, easy to learn movements!
- Combination Walking, Chair, Weights!!
- Wrist Weights, Ankle Weights, Bells PROVIDED!
- Led by certified YMCA Instructor, Ken
- Room 005, Ground Floor - Mon & Wed 10:30 and Fri 10:45

FIND YOUR FIT!

AN EXERCISE CLASS IS OFFERED EVERY DAY OF THE WEEK!
Fit After 50, Moving For Better Balance, Beginning & Advanced Line Dance
and ENHANCE FITNESS. *Suggested Donation - \$1 per class.*

Call 768-8691 for more Exercise Class Information

Crouch Senior Center

Jackson County Department on Aging
1715 Lansing Avenue, Jackson MI 49202

Email LMead@mijackson.org



JACKSON COUNTY

Department on Aging

517-788-4364