



FIT AFTER 50 EXERCISE CLASS



CROUCH SENIOR CENTER FIT AFTER 50 EXERCISE CLASS!
MONDAY WEDNESDAY AND FRIDAY AT 8:30 AM

FIND YOUR FIT

FIT AFTER 50



- Head-to-toe stretching
- Low-impact cardio-respiratory routines to music
- Strengthen heart, lungs, muscles
- Floor and/or chair-based activities for full-body strength
- Wear casual clothes and supportive rubber-soled shoes
- YMCA Led Instructor
- Room 005, Ground Floor - Monday, Wednesday, Friday at 8:30 am

FIND YOUR FIT!

AN EXERCISE CLASS IS OFFERED EVERY DAY OF THE WEEK!
Moving For Better Balance, Beginning & Advanced Line Dance, Enhance
Fitness and FIT AFTER 50. *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