

SPRING SERIES 2023

EXERCISE CLASSES

JACKSON COUNTY DEPARTMENT ON AGING 788-4364

Crouch Classes - Ground Level, Room 005

Spring Arbor Classes - Call 768-8691

Fit After 50 M W F

8:30 am Crouch

Enhance Fitness M W F

10:30 am at Crouch

Moving For Better Balance T TH

10:30 am Crouch

Line Dance W

12:15 Intermediate Line Crouch

1:15 Advanced Line Crouch

Square Dance Group 1st Friday Month

1:30 pm Square Dancers

- New Members Welcome
- Watchers Welcome

Spring Arbor Seniors at JDL SA Branch

10:15 am Fit After 50 M W F

10:15 am Line Dance TH

EXERCISE

- Fit After 50
- Enhance Fitness
- Moving for Better Balance
- Intermediate Line Dance
- Advanced Line Dance

Spring Exercise Series

April 10 - June 30

No Classes April 3 - 7 Spring Break

No Classes May 29

Memorial Day, Building Closed

No Classes June 23

Volunteer Luncheon All Sites Invited to Lunch & Entertainment. Call 768-8691

No Classes Week of July 3 - 7

Crouch Senior Center

1715 Lansing Ave, Jackson

Spring Arbor Seniors

122 Star Road, Spring Arbor

768-8691

Exercise Class

Descriptions

ON BACK



JACKSON COUNTY

Department on Aging

CROUCH SENIOR CENTER

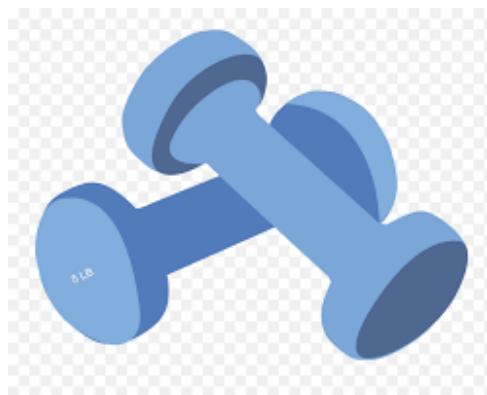
1715 LANSING AVENUE
JACKSON MI 49204

517-788-4364

ENRICHMENT
517-768-8691

LMead@mijackson.org

<https://www.mijackson.org/619>



FIT AFTER FIFTY

Low Impact Aerobics

- 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 Instructor, Lauren & Suzy

CROUCH M W F 8:30 am Room 005

Spring Arbor - M W F 10:15

ENHANCE FITNESS

Moderate-Impact Class

- Simple, easy to learn movements
- Motivates to Stay Active — particularly those with arthritis
- More Energy!
- Better Balance!
- Increased Body Strength
- Better Sleep
- YMCA Instructor, Ken

CROUCH M W F 10:30 am

Room 005

MOVING FOR BETTER BALANCE

Falls Prevention Class

- Uses principles and movements of Tai Chi
- Increase Strength
- Improve Balance
- Better Mobility
- Increase confidence in everyday activities
- YMCA Instructor, Suzy

CROUCH T TH 10:30 am Room 005

LINE DANCE

Crouch Classes

- Intermediate Line Dance with volunteer instructors D'vonne & Tony
- Advanced Line Dance with volunteer instructor Micki
- Step-by-Step Instructions
- Popular Line Dance Moves
- Music and Fun Routines

CROUCH W 12:15 pm Intermediate Class

CROUCH W 1:15 Advanced Class

SPRING ARBOR SENIORS

Exercise Classes

- **Fit After 50 Class** Every Monday, Wednesday and Friday at 10:15 am
YMCA Instructor: Suzy
- **Line Dance Class** Every Thursday at 10:15 am
Volunteer Instructor: Mary Ann

LOCATION:

JDL SA Branch, 122 Star Road

SPRING ARBOR SENIORS

Exercise Class Updates:

Call 768-8691

LMead@mijackson.org

Watch the HOLIDAY BREAK SCHEDULE!

Note: NO CLASSES OR LUNCH if Jackson Public School closes due to inclement weather!

<https://www.mijackson.org/619>

Exercise Class

Suggested Donation

\$1.00 for participants

60 & Older

**\$2.00 for participants
under 60**

CROUCH EXERCISE

**Crouch Senior Center
Jackson County Dept. on Aging
1715 Lansing Avenue
Ground Level,
Health Department
Room 005**

Aging 788-4364

Laurie 768-8691

HOLIDAY BREAK

2023 SCHEDULE

- **Exercise BREAK Apr. 3 - 7**
- **No Classes Monday, May 29**
- **No Classes Friday, June 23**

**Spring Series Ends June 30
Summer Series Starts July 10**

2023 Looking Ahead:

**No Classes 4th of July Week, July 3—7
No Classes Labor Day Week, September 4-8
No Classes Thanksgiving Week, Nov. 20 - 24**