

EXERCISE CLASSES

SPRING SERIES 2025

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 MONDAY - NEW CLASS!

2:00 BEGINNING Line Crouch

Line Dance W

11:45 Intermediate Line Crouch

1:15 Advanced Line Crouch

Free Cardio Drumming 2, 3, 4, 5 Fridays

1:30 pm Cardio Drumming

EXERCISE

Fit After 50

Enhance Fitness

Moving for Better Balance

Intermediate Line Dance

Advanced Line Dance

Cardio Drumming

SPRING EXERCISE SERIES

April 7 through June 27

May 26 Buildings Closed. Memorial Day. No Exercise Classes.

June 27 NO EXERISE CLASSES Volunteer Luncheon. Everyone invited. Must Sign Up. Seating Limited.

June 30 - July 4 No Exercise Classes 4th of July week. Exception Line Dance: check with your instructors.

July 4 Building Closed 4th of July. No classes.

Call Laurie with questions! 517-768-8691



Department on Aging

CROUCH SENIOR CENTER

1715 LANSING AVENUE
JACKSON MI 49204

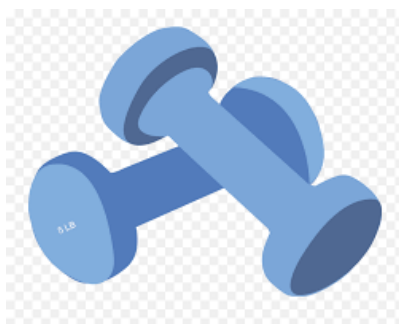
517-788-4364

ENRICHMENT

517-768-8691

LMead@mijackson.org

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



Crouch Senior Center

1715 Lansing Ave, Jackson

Spring Arbor Seniors

122 Star Road, Spring Arbor

768-8691

Exercise Class Descriptions

ON BACK

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 Instructors: Kathy, Jeff & Lauren

CROUCH M W F 8:30 am Room 005

Spring Arbor - M W F 10:15

ENHANCE FITNESS

Moderate-Impact Class

- Increased Body Strength Building Using Weights! 0 to 10 pounds. Wrist, Ankle, Dumbbells, Bar Weights provided.
- Combination Class - weights, Tai Chi, walking, aerobics, chair...
- Motivates to Stay Active — particularly those with arthritis
- More Energy! Better Balance!
- Better Sleep
- YMCA Instructor: Ken

CROUCH M W F 10:30 am

MOVING FOR BETTER BALANCE

Falls Prevention Class

- Uses principles and movements of Tai Chi for Diabetes & Arthritis
- Increase Strength
- Improve Balance
- Better Mobility
- Increase confidence in everyday activities
- YMCA Instructor: Ken

CROUCH T TH 10:30 am Room 005

BEGINNING LINE DANCE

NEW CLASS!!!

- Beginning Line Dance with volunteer instructors Tony & Mary Jo
- Step-by-Step BEGINNING CLASS Instructions
- Popular Line Dance Moves
- Music and Fun Routines

CROUCH

MONDAY at 2 pm

Call 768-8691 for Information

May, June, July

LINE DANCE

Crouch Classes

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

CROUCH W 11:45 pm Intermediate Class

CROUCH W 1:15 Advanced Class

FREE CARDIO

DRUMMING CLASS

- Call **768-8691**
- Meets the 2, 3, 4, 5 Friday of the Month at 1:30 pm
- Volunteer Instructor: Tracy
- **Ball, Sticks and Tubs Provided. Please call 768-8691**
- *You are welcome to bring your own Ball, Sticks and Tub*

CROUCH F 1:30 pm Room 005

Exercise Class Suggested Donation

\$1.00 for participants 60 & Older



SUMMER SERIES STARTS

JULY 7, 2025

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

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

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