

EXERCISE CLASSES

SUMMER SERIES 2025

JACKSON COUNTY DEPARTMENT ON AGING 788-4364

**Crouch Classes - Ground Level,
Room 005**

*When Room 005 u/a
Exercise in Senior Center!*

**CALL LAURIE WITH EXERCISE QUESTIONS!
768-8691**

**LMead@mijackson.org
Stop by the Enrichment Office**

Fit After 50 M W F

8:30 am Crouch

Enhance Fitness M W F

10:30 am at Crouch

Tai Chi Moving For Better Balance T TH

10:30 am Crouch

Line Dance MONDAY - Through October

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

SUMMER EXERCISE SERIES

July 7 through August 29

EXERCISE BREAK SCHEDULE

July 4 Building Closed 4th of July

(Fit After 50, Enhance Fitness, Tai Chi MFBB on Break June 30 through July 4)

September 1 Building Closed Labor Day

(Fit After 50, Enhance Fitness Tai Chi MFBB on Break Sept. 1 through Sept. 5)

Call Laurie with questions!

517-768-8691

Stop by the Enrichment Office

Email: LMead@mijackson.org

Crouch Senior Center

1715 Lansing Ave, Jackson

Spring Arbor Seniors

122 Star Road, Spring Arbor

768-8691

Exercise Class Descriptions

ON BACK



Department on Aging

CROUCH SENIOR CENTER

1715 LANSING AVENUE
JACKSON MI 49204

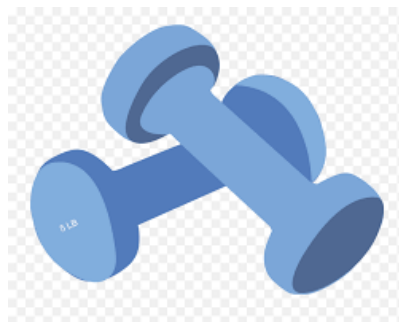
517-788-4364

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 Instructors: Kathy & Jeff

CROUCH M W F 8:30 am Room 005

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 Instructors: Lauren & Ken

CROUCH M W F 10:30 am

TAI CHI

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

THROUGH OCTOBER

- Beginning Line Dance with volunteer instructors Tony & Ruthie & 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

Through October

LINE DANCE

Crouch Classes

- **Intermediate Line Dance with volunteer instructors Tony & Ruthie**
- *(Advanced Line Dance with volunteer instructor Micki on Break. Back Sept.)*
- **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 - Back September 10)

FREE CARDIO

DRUMMING CLASS

- Call **768-8691**
- Meets the 2, 3, 4, 5 Friday of the Month at 1:30 pm
- Volunteer Instructors: Tracy, Paul, Barbara & Lynn
- **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



**FALL SERIES STARTS
SEPTEMBER 8, 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>

When Room 005 is unavailable exercise classes are held in the Senior Center.

CALL LAURIE with Questions!

Stop by the Enrichment Office.

July 4 Building Closed. 4th July Holiday

September 1 Building Closed. Labor Day

June 30 through July 4 - Fit, Enhance, Tai Chi MFBB on BREAK. Back July 7.

September 1 through September 5 - Fit, Enhance, Tai Chi MFBB on BREAK. Back September 8.

SEE LAURIE WITH QUESTIONS!