

EXERCISE CLASSES

WINTER SERIES 2026

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

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

Round Dance MONDAYS, Social Ballroom

1:00 - 3:00 pm Free Class, Crouch

Line Dance WEDNESDAYS

11:45 Intermediate Line Crouch

1:15 Advanced Line Crouch

Free Cardio Drumming 2, 3, 4, 5 Fridays

1:00 pm Cardio Drumming

Free Cardio Drumming Class Tuesdays

9:00 am Cardio Drumming

EXERCISE

Fit After 50

Enhance Fitness

Moving for Better Balance

Intermediate Line Dance

Advanced Line Dance

Cardio Drumming

WINTER EXERCISE SERIES

JAN 5 through APR 3

EXERCISE BREAK SCHEDULE

January 1 - Closed New Year's Day

January 19 - Closed MLK Jr Day

February 16 - Closed Presidents' Day

April 6 - April 10 Spring Break. No Fit After 50, No MFBB Tai Chi, No Enhance Fitness.

Line, Drumming, Round Check with Your Instructors.

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 ROUND DANCE

NOVEMBER - MAY

- Beginning Round Dance - A choreographed ballroom dance where couples follow a "cuer". The "cuer" calls out the steps ahead of the music.
- Beginning Swing, Waltz and more
- Social Ballroom!
- Volunteer Instructors: John, Alice and Vicky

CROUCH, MONDAYS 1 pm - 3 pm

Call 768-8691 for Information

LINE DANCE

Crouch Classes

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

CROUCH W 11:45 Intermediate Class

CROUCH W 1:15 Advanced Class

FREE CARDIO

DRUMMING CLASSES

- Call **768-8691**
- **Tuesdays at 9 am**
- **Fridays** class meets the 2, 3, 4, 5 Friday of the Month at **1 pm**
- Volunteer Instructors: Tracy, Barbara & Paul

Ball, Sticks and Tubs Provided.
Please call **768-8691**

CROUCH - Room 005

Exercise Class Suggested Donation

*\$1.00 for participants 60 & Older
\$2.00 for participants under 60*

**TUESDAY
MORNINGS
9 AM
CARDIO
DRUMMING**



SPRING SERIES STARTS

APRIL 6, 2026

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.

Winter Break Schedule

January 1 - Closed New Year's Day

January 19 - Closed MLK Jr Day

February 16 - Closed Presidents' Day

April 6 - April 10 Spring Break

No Fit After 50, No MFBB Tai Chi, No

Enhance Fitness. Line, Drumming,

Round Check with Your Instructors for

Spring Break schedule.