

EXERCISE CLASSES

SPRING 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

thru May. *On break thru Summer.*

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

LINE DANCE, MONDAYS back in JUNE

1:00 pm Beginning

Line Dance WEDNESDAYS

11:45 Intermediate Line Crouch

1:15 Advanced Line Crouch

Free Cardio Drumming

9:00 am TUESDAYS

1:00 pm FRIDAYS (*This class does NOT meet on the 1st Friday of the month.*)

EXERCISE

Fit After 50

Enhance Fitness

Moving for Better Balance

Intermediate Line Dance

Advanced Line Dance

Cardio Drumming

SPRING EXERCISE SERIES

APR 13 - JUN 25

EXERCISE BREAK SCHEDULE

May 25 - Closed Memorial Day

June 26 - No Classes; Volunteer Luncheon

June 29 - July 3 4th of July Week

**No Fit After 50, No MFBB Tai Chi,
No Enhance Fitness**

July 3 - Closed 4th of July Holiday

Line & Drumming 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

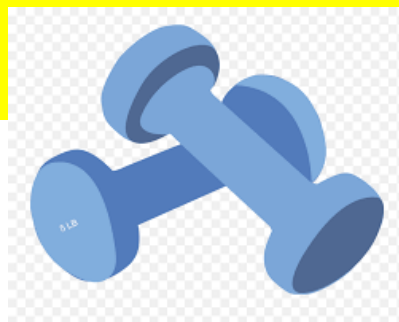
517-788-4364

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 Room 005

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

Last Class MAY 18

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

CROUCH, MONDAYS 1 pm - 3 pm

Crouch Room 005

Call 768-8691 for Information

On Break for Summer!

LINE DANCE

Crouch Classes

- **Beginning Line Dance with Tony, Ruthie & Mary Jo back in June**
- **Intermediate Line Dance with volunteer instructors Tony , Ruthie & Mary Jo**
- **Advanced Line Dance with volunteer instructor Micki**

CROUCH M 1:00 Beginning - June

CROUCH W 11:45 Intermediate Class

CROUCH W 1:15 Advanced Class

Crouch - Room 005

FREE CARDIO

DRUMMING CLASSES

- Call **768-8691**
- **Tuesdays at 9 am**
- **Fridays at 1 pm** (*This Class Does Not Meet 1st Friday.*)
- 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



SUMMER SERIES STARTS

JULY 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.

SPRING Break Schedule

May 25 - Closed Memorial Day

June 26 - No classes; Volunteer Lunch

July 3 - Closed 4th July Holiday

June 29 - July 3 Holiday Break

No Fit After 50, No MFBB Tai Chi, No Enhance Fitness. *Line, Drumming, Check with Your Instructors for Holiday Break schedule.*