

*The*

## Winter Exercise Series

January 2 – March 29, 2019



**The Jackson County Department on Aging is  
Pleased to Offer the Following Exercise Classes:**

### **FIT AFTER FIFTY Low Impact Aerobics**

This class, led by an Arthritis Foundation Exercise Program YMCA Instructor, includes head-to-toe stretching, as well as non-jarring, low-impact cardio-respiratory exercise routines to fun music, to help strengthen the heart, lungs and muscles. The class concludes with floor and/or chair-based activities that promote full-body strength. Casual clothes and supportive, rubber-soled shoes are recommended.

### **GET IN LINE Line Dancing**

Beginner Class & Advanced Beginner Class: An experienced volunteer Instructor will lead the beginning participant, step-by-step, through popular line dance moves and routines. Supportive, leather-soled shoes are best for this class.

### **SOCIAL BALLROOM DANCING**

An experienced Instructor will teach participants how to do the Swing, Fox Trot, Waltz, and other such social ballroom dances. Casual clothes and supportive, leather-soled shoes are recommended.

### **NEW – ENHANCE FITNESS Moderate-Impact Class**

The Enhance Fitness class is a moderate-impact class with high-impact results. The class uses simple, easy to learn movements that motivate individuals (particularly those with arthritis) to stay active. More Energy! Better Balance! Increased Body Strength! Better Sleep! YMCA instructor led.

### **CHAIR EXERCISES Exercises from a Chair**

This class, led by a YMCA instructor, includes stretching, non-jarring chair and standing exercises, as well as strengthening activities, to promote full-body fitness. Casual clothes and supportive, rubber-soled shoes are recommended.

### **YOGA**

Yoga is a unification of mind, body and breath work, working together to promote health and well-being through postural alignment, flexibility and the practice of mindfulness. By actively stretching the muscles in our bodies in conjunction with diaphragmatic breathing, we increase our vitality and stamina while enhancing a sense of calm and serenity. YMCA led.

**CROUCH SENIOR CENTER - 1715 Lansing Ave., Jackson – 788-4364**

**FIT AFTER FIFTY** M/W/F 8:30 - 9:40 Garden Level, Room 005

**NEW CLASS!!!!!!!!!!!!**

**ENHANCE FITNESS** M/W/F 10:30-11:30 Garden Level, Room 005

**YOGA** Tues 8:30 - 9:30 Garden Level, Room 005

**BALLROOM DANCING** Wed 10:30 – 12:00 Crouch Multipurpose Room

(Ballroom on Break from 1/23 – 3/20)

**CHAIR EXERCISE** Tue/Thu 10:30 - 11:30 Garden Level, Room 005

**GET IN LINE – Beginner** Wed 12:15 – 1:00 Garden Level, Room 005

**GET IN LINE – Advanced** Wed 1:15 – 2:00 Garden Level, Room 005

**KING CENTER – 1107 Adrian, Jackson – 517-788-4364**

**EXERCISE** Fri 11:15 King Center

**SPRING ARBOR SENIOR CENTER - 122 Starr St., Spring Arbor – 750-1010**

**FIT AFTER FIFTY** M/W/F 10:15 – 11:25 Dining Room

**YOGA** Tues 10:00 – 11:00 Dining Room

**GET IN LINE BEGINNING** Thu 10:00 – 10:30 Dining Room

**GET IN LINE ADVANCED** Thu 10:30 – 11:15 Dining Room

**HOLIDAY BREAK SCHEDULE  
NO CLASSES**

1<sup>st</sup> Week of April (Spring Break)

4<sup>th</sup> of July Week

1<sup>st</sup> Week of September (Labor Day Week)

**CLASS SUGGESTED DONATION\* FOR THOSE  
60 & OLDER / 59 & UNDER:**

**FIT AFTER FIFTY, ENHANCE FITNESS, YOGA**

**\$1.00/\$2.00 – Per class**

**GET IN LINE:**

**\$1.00/\$2.00 – Per class**

**CHAIR EXERCISE:**

**\$1.00/\$2.00 – Per class**

**SOCIAL BALLROOM DANCING**

**Donation**

**QUESTIONS?**

**Please Call:**

**Department on**

**Aging**

**(517) 788-4364**