

The

FALL Exercise Series

September 9 – December 15, 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

Join this fun group of dancers and practice your Swing, Fox Trot, Waltz, Polka and other social ballroom dances. Casual clothes and supportive, leather-soled shoes are recommended.

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

HOLIDAY BREAK SCHEDULE
NO CLASSES
LABOR DAY WEEK
THANKSGIVING WEEK
LAST TWO FULL WEEKS OF DECEMBER

**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**

**QUESTIONS?
Please Call:
Department on
Aging
(517) 788-4364**