

The

Winter Exercise Series

December 30 – April 3, 2020



**Jackson County Department on Aging
Exercise Classes
788-4364**

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.

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.

SEE REVERSE SIDE FOR CLASS TIMES & LOCATIONS

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

FIT AFTER FIFTY	M/W	8:30 - 9:40	Garden Level, Room 005
ENHANCE FITNESS	M/W/F	10:30-11:30	Garden Level, Room 005
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 Star St., Spring Arbor – 750-1010

FIT AFTER FIFTY	M/W	10:15 – 11:25	Dining Room
GET IN LINE BEGINNING	Thu	10:00 – 10:30	Dining Room
GET IN LINE ADVANCED	Thu	10:30 – 11:15	Dining Room
VIDEO AEROBICS	Fri	10:15 - 11:25	Dining Room

HOLIDAY BREAK SCHEDULE

NO CLASSES

Spring Break April 6 - 9

4th of July Week June 29 - July 3

Labor Day Week September 7 - 11

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

FIT AFTER FIFTY, ENHANCE FITNESS

\$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