

EXERCISE CLASSES

Crouch Classes - Ground Level, Room 005

Spring Arbor Classes - Call 768-8691

Fit After 50 M W F

8:30 am Crouch

Enhance Fitness M W F

10:30 am Mon. & Wed. at Crouch

10:45 am Friday at Crouch

Moving For Better Balance T TH

10:30 am Crouch

Line Dance W

12:15 Beginning Line Crouch

1:15 Advanced Line Crouch

Tai Chi FREE 8 Week Workshop MONDAYS

3:00 - 4:00 pm Crouch - Sept. 12

Try this free 8 week MSUE Tai Chi

Monday Afternoon Class!

EXERCISE

- Fit After 50
- Enhance Fitness
- Moving for Better Balance
- Beginning Line Dance
- Advanced Line Dance

Fall Exercise Series

September 12 - December 16

No Classes October 27

Staff Training Day!

No Classes November 11

Veterans Day, Building Closed

No Classes November 21 - 25

Thanksgiving Exercise Break

Crouch Senior Center

1715 Lansing Ave

Spring Arbor Seniors

Still Closed - Remodel

768-8691



JACKSON COUNTY

Department on Aging

CROUCH SENIOR CENTER

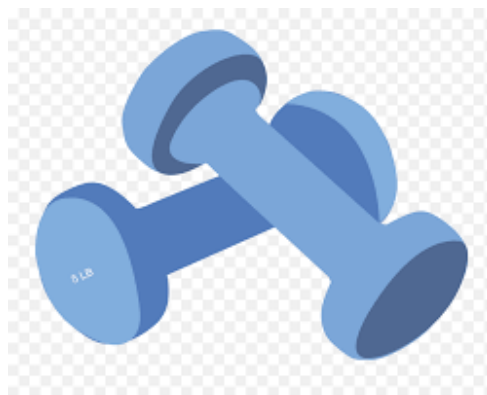
1715 LANSING AVENUE
JACKSON MI 49204

517-788-4364

ENRICHMENT
517-768-8691

LMead@mijackson.org

<https://www.mijackson.org/619>



Exercise Class

Descriptions

ON BACK

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 Instructor, Lauren

CROUCH M W F 8:30 am Room 005

Spring Arbor - Call 768-8691

ENHANCE FITNESS

Moderate-Impact Class

- Simple, easy to learn movements
- Motivates to Stay Active — particularly those with arthritis
- More Energy!
- Better Balance!
- Increased Body Strength
- Better Sleep
- YMCA Instructor, Ken

CROUCH M W 10:30 am

Crouch Friday 10:45 am

Room 005

MOVING FOR BETTER BALANCE

Falls Prevention Class

- Uses principles and movements of Tai Chi
- Increase Strength
- Improve Balance
- Better Mobility
- Increase confidence in everyday activities
- YMCA Instructor, Suzy

CROUCH T TH 10:30 am Room 005

LINE DANCE

Crouch Class

- Beginning Line Dance with volunteer instructors D'vonne & Tony
- Step-by-Step Instructions
- Popular Line Dance Moves
- Music
- Fun Routines

CROUCH W 12:15 pm

ADVANCED LINE DANCE

Crouch Class

- Advanced Line Dance with volunteer instructor Micki
- Step-by-Step Instructions
- Popular Line Dance Moves
- Music
- Fun Routines

CROUCH W 1:15

Tai Chi Exercise Class

Special MSUE Workshop

- **8 Weeks - FREE CLASS!**
- **Monday, September 12 thru Monday, October 31**
- **AFTERNOON CLASS!!!**
- **3:00 pm to 4:00 pm**
- **Crouch Senior Center Multipurpose Room!!**

Please Sign Up!

**Call 768-8691 or Email
LMead@mijackson.org**

Exercise Class

Suggested Donation

\$1.00 for participants

60 & Older

**\$2.00 for participants
under 60**

CROUCH EXERCISE

**Crouch Senior Center
Jackson County Dept. on Aging
1715 Lansing Avenue**

**Ground Level,
Health Department**

Room 005

788-4364

HOLIDAY BREAK

2022 SCHEDULE

- **No Classes OCTOBER 27 Staff Training Day.**
- **No Classes November 11 Veterans Day. Building Closed.**
- **No Classes November 21 - November 25 Thanksgiving Exercise Break.**

**Fall Series Ends December 16.
Winter Series starts January 2.**