

EXERCISE CLASSES

FALL SERIES 2023

JACKSON COUNTY DEPARTMENT ON AGING 788-4364

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 at Crouch

Moving For Better Balance T TH

10:30 am Crouch

Line Dance W

12:15 Intermediate Line Crouch

1:15 Advanced Line Crouch

**Square Dance Group 1st Friday Month
October thru May at 1:30**

**Free Cardio Drumming 2, 3, 4, 5 Fridays
1:30 pm Cardio Drumming**

Spring Arbor Seniors at JDL SA Branch

10:15 am Fit After 50 M W F

10:15 am Line Dance TH

EXERCISE

- > Fit After 50
- > Enhance Fitness
- > Moving for Better Balance
- > Intermediate Line Dance
- > Advanced Line Dance
- > Cardio Drumming

**FALL Exercise Series
September 11 - December 15**

**No Classes Labor Day, September 4
Building Closed.**

**Fit After 50, Moving for Better Balance
and Enhance Fitness are on break the
week of September 4 - 8. No Class.**

Drumming WILL meet September 8

**NO CLASSES THURSDAY, OCTOBER 26
The Dept. on Aging is closed for all staff
training. No lunch. No MOW. No programs.**

Closed Friday, November 10, Veterans Day

**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

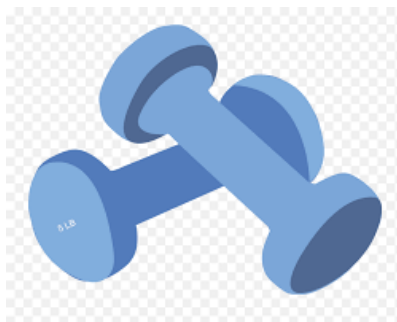
CROUCH SENIOR CENTER

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 Instructor, Lauren & Suzy

CROUCH M W F 8:30 am Room 005

Spring Arbor - M W F 10:15

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 F 10:30 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 Classes

- Intermediate Line Dance with volunteer instructors D'vonne & Tony
- Advanced Line Dance with volunteer instructor Micki
- Step-by-Step Instructions
- Popular Line Dance Moves
- Music and Fun Routines

CROUCH W 12:15 pm Intermediate Class

CROUCH W 1:15 Advanced Class

SPRING ARBOR SENIORS

Exercise Classes

- **Fit After 50 Class** Every Monday, Wednesday and Friday at 10:15 am
YMCA Instructor: Suzy
- **Line Dance Class** Every Thursday at 10:15 am
Volunteer Instructor: Mary Ann

LOCATION:

JDL SA Branch, 122 Star Road

FREE CARDIO

DRUMMING CLASS

- Register by Calling **768-8691**
- Meets the 2, 3, 4, 5 Friday of the Month at 1:30 pm
- Volunteer Instructors: Tracy and Paul
- **Ball, Sticks and Tubs limited, please call and sign up for this class.**
- You are welcome to bring your own Ball, Sticks and Tub

CROUCH F 1:30 pm Room 005

Exercise Class Suggested Donation

\$1.00 for participants 60 & Older

\$2.00 for participants under 60

MATTER OF BALANCE WORKSHOP Crouch Senior Center

**Mondays & Thursdays
September 11 through October 5
1 pm to 3 pm**

Presented by WellWise Services Area
Agency on Aging with Martha York

**Call 517-592-1974 to Sign Up
for this Workshop**

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>

HOLIDAY BREAKS

2023 SCHEDULE

- Exercise BREAK Sept. 4 - 8
- Closed Monday, Sept. 4, Labor Day
- NO CLASS Thursday, Oct. 26
- Closed Fri. Nov. 10, Veterans Day

- **No Exercise Nov. 20 - 24
Thanksgiving Week**
- **No Exercise Dec. 18 - Jan. 1
Christmas/New Year Break**
*Line Dance & Cardio Drumming
Call for 768-8691 Break Info.*

Winter Series Starts January 2