



Enhance Fitness (EF) is a fitness program geared toward improving the overall functional fitness and well-being of primarily older adults (all adults welcome). A certified fitness instructor leads classes three times a week, providing social stimulation as well as physical benefits. Classes focus on cardiovascular conditioning, strength training, flexibility and balance training.

***Classes are low or no cost. Contact the location for more information.**

Bay County

Day(s)	Time	Location	Address	Phone Number
M/W/F	10:30 AM	Bay Area Family YMCA	225 Washington Ave. Bay City, MI 48708	989-895-8596

Berrien County

Day(s)	Time	Location	Address	Phone Number
M/W/F	1:00 PM	Benton Harbor- St. Joseph YMCA	3665 Hollywood Rd. St. Joseph, MI 49085	269-428-9622
M/W	11:15 AM	Niles-Buchanan YMCA	905 N. Front St. Niles, MI 49120	269-683-1552

Clinton

Day(s)	Time	Location	Address	Phone Number
M/W/F	1:30 AM	DeWitt YMCA	13161 Schavey Road DeWitt, MI 48820	517-827-9645



Eaton

Day(s)	Time	Location	Address	Phone Number
M/Tu/Th	9:00 AM	Eaton Rapids Senior Center	201 Grand St. Eaton Rapids, MI 48827	517-827-9645

Genessee

Day(s)	Time	Location	Address	Phone Number
Tu/Th	6:00 PM	Carriage Town Ministries	605 Garland St. Flint, MI 48503	810-233-8787
Tu/Th	10:00 AM	Flint Farmer's Market	300 East 1st St. Flint, MI 48503	810-232-1399
M/W	10:00 AM	Freedom Works of Genessee County	4100 Commerce Drive Flushing, MI 48433	810-659-0062
M/W/F	9:00 AM	Hasselbring Community Center	1002 W. Home Ave. Flint, MI 48506	810-232-0522

Grand Traverse

Day(s)	Time	Location	Address	Phone Number
M/W/F	10:30 AM	Grand Traverse Bay YMCA	3700 Silver Lake Rd. Traverse City, MI 49684	231-486-6357

Ingham

Day(s)	Time	Location	Address	Phone Number
M/W/F	10:00 AM	Burcham Hill	2700 Burcham Dr. East Lansing, MI 48823	517-827-9645
M/W/F	10:00 AM	East Glen Apartments	1801 N. Hagadorn Rd. East Lansing, MI 48823	517-827-9645
M/W/F	8:45 AM	Foster Community Center	200 N. Foster Ave. Lansing, MI 48912	517-827-9640

Candice Lee

517-335-3188



M/W/F	10:30 AM	Mt. Hope United Methodist Church	501 E. Mount Hope Ave. Lansing, MI 48910	517-827-9640
M/W/F	8:00 AM	Oak Park YMCA	900 Long Blvd. Lansing, MI 48911	517-827-9645
M/W/F	11:00 AM	Oak Park YMCA	900 Long Blvd. Lansing, MI 48911	517-827-9645
M/W/F	10:30 AM	Sam Corey (Holt) Senior Center	2108 Cedar St. Holt, MI 48842	517-827-9645
Tu/Th	1:00 PM	Sam Corey (Holt) Senior Center	2108 Cedar St. Holt, MI 48842	517-827-9645
M/W/F	9:30 AM	Sycamore Village	900 W. Columbia Rd. Mason, MI 48854	517-827-9645
Tu/Th/F	2:00 PM	Union Missionary Baptist Church	500 S. Martin Luther King Blvd. Lansing, MI 48915	517-827-9645
M/W/F	9:00 AM	University Lutheran Church	1040 S. Harrison Rd. East Lansing, MI 48823	517-827-9645
M/W/F	10:45 AM	University Lutheran Church	1040 S. Harrison Rd. East Lansing, MI 48823	517-827-9645
M/W/F	8:30 AM	Westside YMCA	3700 Old Lansing Rd. Lansing, MI 48917	517-827-9645
Tu/Th/F	10:30 AM	Williamston Area Senior Center	201 School St. Williamston, MI 48895	517-827-9645

Ionia

Day(s)	Time	Location	Address	Phone Number
M/W/F (Spring/Su mmer)	8:30 AM	Ionia County Commission on Aging	115 Hudson St. Ionia, MI 48846	616-222-7011



M/W/F (Fall/Winter)	9:00 AM	Ionia County Commission on Aging	115 Hudson St. Ionia, MI 48846	616-222-7011
M/W/F (Year-round)	10:15 AM	Ionia County Commission on Aging	115 Hudson St. Ionia, MI 48846	616-222-7011

Jackson

Day(s)	Time	Location	Address	Phone Number
M/W/F	12:00 PM	Jackson YMCA	127 West Wesley St. Jackson, MI 49201	517-782-0537

Kalamazoo

Day(s)	Time	Location	Address	Phone Number
M/W/F	8:10 AM	Portage Senior Center	320 Library Lane Portage, MI 49002	269-329-4555
M/W/F	9:45 AM	South County Community Services (Vicksburg)	101 Main St. Vicksburg, MI 49097	269-649-2901

Kent

Day(s)	Time	Location	Address	Phone Number
M/W/F	8:30 AM	Area Agency on Aging - West Michigan	3215 Eaglecrest Dr. Grand Rapids, MI 49525	616-222-7011
M/W/F	12:30 PM	Baxter Community Center	935 Baxter SE Grand Rapids, MI 49508	616-456-8593
M/W/F	9:00 AM	Faith United Methodist Church	2600 7th St. Grand Rapids, MI 49504	616-233-0283
M/W/Th	10:00 AM	Grandville Senior Center	3380 Division Ave. SW Grandville, MI 49148	616-233-0283

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M/W/Th	11:00 AM	Grandville Senior Center	3380 Division Ave. SW Grandville, MI 49148	616-233-0283
M/W/F	9:30 AM	Greenridge Elementary School	3825 Oakridge Ave. Comstock Park, MI 49321	616-233-0283
M/W/F	1:00 PM	Metro Health/Kentwood Parks & Recreation	2215 44th St. Wyoming, MI 49519	616-233-0283
M/W/F	9:30 AM	Rockford Community Education	650 N. Main St. Rockford, MI 49341	616-233-0283
M/W/F	9:30 AM	Rush Creek Bible Church	2334 76th St. SW Byron Center, MI 49315	616-233-0283
M/W/F	10:45 AM	Rush Creek Bible Church	2334 76th St. SW Byron Center, MI 49315	616-233-0283
M/W/F	9:00 AM	Salvation Army	1235 Fulton St. Grand Rapids, MI 49503	616-222-7011
M/Tu/Th	10:15 AM	Visser Family YMCA	3540 Fairlanes Ave. SW Grandville, MI 49418	616-855-9600

Lenawee

Day(s)	Time	Location	Address	Phone Number
M/W/F	10:15 AM	YMCA of Lenawee County	638 W Maumee St. Adrian, MI 49221	517-263-2151

Livingston

Day(s)	Time	Location	Address	Phone Number
M/W/F	8:45 AM	Hartland Senior Center	9525 Highland Rd. Howell, MI 48843	810-626-2135
M/W/F	9:15 AM	Howell First United Methodist Church	1230 Bower St. Howell, MI 48843	517-546-2730



Th	9:15 AM	Howell First United Methodist Church	1230 Bower St. Howell, MI 48843	517-546-2730
M/W/F	9:15 AM	St. Patrick's Catholic Church	711 Rickett Rd. Brighton, MI 48116	810-299-9863

Macomb

Day(s)	Time	Location	Address	Phone Number
M/W/F	10:00 AM	Lakshore Family YMCA	23401 East Jefferson St. Clair Shores, MI 48080	586-778-5811

Marquette

Day(s)	Time	Location	Address	Phone Number
T/Th/Sa	1:00 PM	YMCA - Marquette Facility	1420 Pine St. Marquette, MI 49855	906-227-9622
M/W/F	10:00 AM	YMCA - West End Facility	205 Iron St. Negaunee, MI 49866	906-227-9622

Mecosta

Day(s)	Time	Location	Address	Phone Number
M/W/F (May-Nov)	7:30 AM	Mecosta County Senior Center	12954 80th Ave. Mecosta, MI 49332	616-222-7011
M-F (Year-round)	8:30 AM	Mecosta County Senior Center	12954 80th Ave. Mecosta, MI 49332	616-222-7011

Monroe

Day(s)	Time	Location	Address	Phone Number
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M/Tu/Th	10:00 AM	Milan Senior for Healthy Living	45 Neckel Ct. Milan, MI 48160	734-508-6229
M/W	2:00 PM	Milan Senior for Healthy Living	45 Neckel Ct. Milan, MI 48160	734-508-6229
M/W	TBD	YMCA - Goodwill Industries of SE Michigan	251 N. Telegraph Rd. Monroe, MI 48162	734-241-2606
M/W/F	9:00 AM	YMCA - Monroe	1111 W. Elm Ave. Monroe, MI 48162	734-241-2606
M/W/F	1:30 PM	YMCA - Monroe	1111 W. Elm Ave. Monroe, MI 48162	734-241-2606
T/Th/Sa	11:30 AM	YMCA - Monroe Center For Healthy Aging	15275 South Dixie Highway Monroe, MI 48161	734-241-2606
T/Th/Sa	2:45 PM	YMCA - Monroe Center For Healthy Aging	15275 South Dixie Highway Monroe, MI 48161	734-241-2606

Newaygo

Day(s)	Time	Location	Address	Phone Number
M/W/F	10:00 AM	St. Bartholomew Church	599 W. Brooks Newaygo, MI 49337	616-222-7011

Oakland

Day(s)	Time	Location	Address	Phone Number
M/Tu/Th	9:00 AM	Beech Woods Recreation Center	22200 Beech Rd. Southfield, MI 48034	248-796-4620
Tu/Th	5:45 PM	Beech Woods Recreation Center	22200 Beech Rd. Southfield, MI 48034	248-796-4620
M/W/F	1:30 PM	Carls Family YMCA	300 Family Dr. Milford, MI 48381	248-685-3020



M/W/F	12:00 PM	North Oakland Family YMCA	3378 E. Walton Blvd. Auburn Hills, MI 48326	248-370-9622
M/W/F	9:00 AM	Oak Park Community Center	14300 Oak Park Blvd. Oak Park, MI 48237	248-691-7555
M/Tu/Th	9:00 AM	Pearl Wright Senior Center (2nd Floor Grant School)	21131 Garden Lane Ferndale, MI 48220	248-547-9800 Ext. 224
M/W/F	9:00 AM	St. John Providence Wellness Center	15990 W. Nine Mile Rd. Southfield, MI 48075	866-501-3627
Tu	9:00 AM	St. John Providence Wellness Center	15990 W. Nine Mile Rd. Southfield, MI 48075	866-501-3627
TH	2:30 PM	St. John Providence Wellness Center	15990 W. Nine Mile Rd. Southfield, MI 48075	866-501-3627
W	10:30 AM	St. John Providence Wellness Center	15990 W. Nine Mile Rd. Southfield, MI 48075	866-501-3627
Th	11:00 AM	St. John Providence Wellness Center	15990 W. Nine Mile Rd. Southfield, MI 48075	866-501-3627
Tu/F	10:00 AM	St. Joseph Parish	830 S. Lafayette South Lyon, MI 48178	248-446-8700
M/W/F	1:00 PM	South Oakland Family YMCA	1016 W. 11 Mile Rd. Royal Oak, MI 48067	248-547-0030

Ottawa

Day(s)	Time	Location	Address	Phone Number
M/W/Th	8:45 AM	Evergreen Commons	480 State St. Holland, MI 49423	616-222-7011

Saginaw

Day(s)	Time	Location	Address	Phone Number
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Tu/Th/Sa	9:30 AM	YMCA of Saginaw	1915 Fordney St. Saginaw, MI 48601	989-753-7721
Sa	10:00 AM	YMCA of Saginaw	1915 Fordney St. Saginaw, MI 48601	989-753-7721
Tu/Th/Sa	10:30 AM	YMCA of Saginaw	1915 Fordney St. Saginaw, MI 48601	989-753-7721

St. Clair

Day(s)	Time	Location	Address	Phone Number
M/W/F	10:00 AM	Marine City High School Auxiliary Gym	1085 Ward St. Marine City, MI 48039	810-676-1900
M/W/F	11:00 AM	YMCA of the Blue Water Area	1525 Third St. Port Huron, MI 48060	810-987-6400

Washtenaw

Day(s)	Time	Location	Address	Phone Number
M/W/F	11:00 AM	Ann Arbor YMCA	400 W. Washington St. Ann Arbor, MI 48103	734-996-9622
M/W/F	10:30 AM	Chelsea Senior Activities Center	512 E. Washington St. Chelsea, MI 48118	734-475-9242
M	4:00 PM	Chelsea Senior Activities Center	512 E. Washington St. Chelsea, MI 48118	734-475-9242
Tu/Th	11:00 AM	Sequoia Place YMCA	1131 N. Maple Rd. Ann Arbor, MI 48103	734-996-9622
F	11:30 AM	Sequoia Place YMCA	1131 N. Maple Rd. Ann Arbor, MI 48103	734-966-9622
M/W/F	1:10 PM	Turner Senior Resource Center	2401 Plymouth Rd., Ste. C. Ann Arbor, MI 48105	734-998-9353



M/W/F	10:30 AM	Ypsilanti Township Recreation Department	2025 E. Clark Rd. Ypsilanti, MI 48198	734-544-3838
T/Th	10:30 AM	Ypsilanti Township Recreation Department	2025 E. Clark Rd. Ypsilanti, MI 48198	734-544-3838

Wayne

Day(s)	Time	Location	Address	Phone Number
Tu/Th	1:15 PM	Adams Butzel Recreation Center	10500 Lyndon St. Detroit, MI 48238	313-628-0990
Tu	11:30 PM	American Indian Services (call prior to attending)	1110 Southfield Rd. Lincoln Park, MI 48146	313-388-4100
Tu/W/Th	3:00 PM	Caring Hearts Home Care	14955 Greenfield St. Detroit, MI 48227	800-483-4568
M/Th/F	1:30 PM	Comstock Day Program	66 Lothrop Rd. Detroit, MI 48202	313-841-4330
Tu/Th/F	10:00 AM	Conner Creek	4777 E. Outer Dr. Detroit, MI 48234	313-369-9100
W	5:00 PM	Conner Creek	4777 E. Outer Dr. Detroit, MI 48234	313-369-9100
Tu/W/F	1:15 PM	Crowell Recreation Center	16630 Lahser Rd. Detroit, MI 48219	313-578-8011
Tu/W	9:00 AM	Delray United Action Council	275 West Grand Blvd. Detroit, MI 48216	313-446-4444 Ext. 5841
M/W	5:30 PM	Detroit Area Agency on Aging	1333 Brewery Park Blvd., Suite 200 Detroit, MI 48207	313-446-4444
W/Th/F	11:00 AM	Dozier Recreation Center	2025 Middlebelt Rd. Inkster, MI 48141	313-561-2382
F	3:00 PM	Dozier Recreation Center	2025 Middlebelt Rd. Inkster, MI 48141	313-561-2382

Candice Lee

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M/Tu	1:00 PM	Ecorse Senior Center	4072 W. Jefferson Ave. Ecorse, MI 48229	313-382-3306
M/Th/F	11:30 AM	Farwell Recreation Center	2711 East Outer Dr. Detroit, MI 48234	313-446-4444 Ext. 5841
M/W/F	9:00 AM	Franklin Wright Settlement	3360 Charlevoix St. Detroit, MI 48207	313-446-4444 Ext. 5841
M	10:30 AM	Gethsemane Missionary Baptist Church	29066 Eton St. Westland, MI 48186	313-561-2382
Tu	1:00 PM	Gethsemane Missionary Baptist Church	29066 Eton St. Westland, MI 48186	313-561-2382
Tu	5:45 PM	Gethsemane Missionary Baptist Church	29066 Eton St. Westland, MI 48186	313-561-2382
M/W/F	11:00 AM	Joe Ellison Center	18917 Joy Rd. Detroit, MI 48228	313-581-7773
W	1:00 PM	L & L Adult Day Care	1485 E. Outer Dr. Detroit, MI 48234	313-366-1100
M/Tu/W	10:30 AM	LA SED, Inc.	7150 West Vernor Hwy Detroit, MI 48209	313-446-4444 Ext. 5841
M/W/F	11:30 AM	Livonia Family YMCA	14255 Stark Rd. Livonia, MI 48154	734-261-2161
M/W/F	9:30 AM	Northwest Activities Center	18100 Meyers Rd. Detroit, MI 48235	313-864-7828
M/W/F	10:45 AM	Northwest Activities Center	18100 Meyers Rd. Detroit, MI 48235	313-864-7828
Tu/Th	11:30 AM	Patton Recreation Center	2310 Woodmere St. Detroit, MI 48209	313-446-4444 Ext. 5841
M/W	9:00 AM	Peoples Community Services	8625 Joseph Campau Ave. Hamtramck, MI 48212	313-446-4444 Ext. 5841
W/Th/F	10:00 AM	Peoples Community Services Matrix Center	13560 E. McNichols St. Detroit, MI 48205	313-446-4444 Ext. 5841

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Tu/Th	10:30 AM	Services for Older Citizens	158 Ridge Rd. Grosse Pointe Farms, MI 48236	313-446-4444 Ext. 5841
M/Tu/Th	8:30 AM	St. John Riverview	7633 E. Jefferson Ave. Ste. 170 Detroit, MI 48214	586-524-0908
M/Tu/Th	10:00 AM	St. John Riverview	7633 E. Jefferson Ave. Ste. 170 Detroit, MI 48214	586-524-0908
T/Th	11:30 AM	St. John Riverview	7633 E. Jefferson Ave. Ste. 170 Detroit, MI 48214	586-524-0908
M	1:00 PM	St. John Riverview	7633 E. Jefferson Pve. Ste. 170 Detroit, MI 48214	586-524-0908
M/Tu	9:00 AM	St. Patrick Senior Center	58 Parson St. Detroit, MI 48201	313-446-4444 Ext. 5841
Th/F	10:30 AM	Williams Recreation Center	8431 Rosa Parks Blvd. Detroit, MI 48206	313-446-4444 Ext. 5841

