

# Enhance Fitness Class List



*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-Bay County	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-Berrien County	Address	Phone Number
M/W/F	1:00 PM	Benton Harbor- St. Joseph YMCA	3665 Hollywood Road St. Joseph, MI 49085	269-428-9622
M/W	11:15 AM	Niles-Buchanan YMCA	905 N. Front Street Niles, MI 49120	269-683-1552

## Clinton County

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

## Eaton County

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

## Genesee County

Day(s)	Time	Location-Genesee County	Address	Phone Number
Tu/Th	10:00 AM	Flint Farmer's Market	300 East 1st Street Flint, MI 48503	810-232-1399
M/W	10:00 AM	Freedom Works of Genesee 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 County

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

## Ingham County

Day(s)	Time	Location-Ingham County	Address	Phone Number
M/W/F	10:00 AM	Burcham Hills	2700 Burcham Drive East Lansing, MI 48823	517-827-9645
M/W/F	10:00 AM	East Glen Apartments	1801 N. Hagadorn Road 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
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 Street Holt, MI 48842	517-827-9645
Tu/Th	1:00 PM	Sam Corey (Holt) Senior Center	2108 Cedar Street Holt, MI 48842	517-827-9645
M/W/F	9:30 AM	Sycamore Village	900 W. Columbia Road 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 Road East Lansing, MI 48823	517-827-9645
M/W/F	10:45 AM	University Lutheran Church	1040 S. Harrison Road East Lansing, MI 48823	517-827-9645
M/W/F	8:30 AM	Westside YMCA	3700 Old Lansing Road Lansing, MI 48917	517-827-9645
Tu/Th/F	10:30 AM	Williamston Area Senior Center	201 School Street Williamston, MI 48895	517-827-9645

## Ionia County

Day(s)	Time	Location-Ionia County	Address	Phone Number
M/W/F (Spring/Summer)	8:30 AM	Ionia County Commission on Aging	115 Hudson Street Ionia, MI 48846	616-222-7011
M/W/F (Fall/Winter)	9:00 AM	Ionia County Commission on Aging	115 Hudson Street Ionia, MI 48846	616-222-7011
M/W/F (Year-round)	10:15 AM	Ionia County Commission on Aging	115 Hudson Street Ionia, MI 48846	616-222-7011

## Jackson County

Day(s)	Time	Location-Jackson County	Address	Phone Number
M/W/F	10:30 AM	Summit Branch YMCA	2151 Ferguson Road Jackson, MI 49203	517-782-0537

## Kalamazoo County

Day(s)	Time	Location-Kalamazoo County	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 Street Vicksburg, MI 49097	269-649-2901

## Kent County

Day(s)	Time	Location-Kent County	Address	Phone Number
M/W/F	8:30 AM	Area Agency on Aging - West Michigan	3215 Eaglecrest Drive Grand Rapids, MI 49525	616-222-7011
Tu/Th	11:30 AM	Area Agency on Aging - West Michigan	3215 Eaglecrest Drive Grand Rapids, MI 49525	616-222-7011
M/W/F	12:30 PM	Baxter Community Center	935 Baxter Street SE Grand Rapids, MI 49506	616-456-8593
M/F	9:00 AM	Faith United Methodist Church	2600 7th Street 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
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 Street Wyoming, MI 49519	616-233-0283
M/W/F	9:30 AM	Rockford Community Education	650 N. Main Street Rockford, MI 49341	616-233-0283
M/W/F	9:30 AM	Rush Creek Bible Church	2334 76th Street SW Byron Center, MI 49315	616-233-0283
M/W/F	10:45 AM	Rush Creek Bible Church	2334 76th Street SW Byron Center, MI 49315	616-233-0283
M/W/F	9:00 AM	Salvation Army	1235 Fulton Street 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 County

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

## Livingston County

Day(s)	Time	Location-Livingston County	Address	Phone Number
Th	9:00 AM	Ascension Medical Center	1225 S. Latson Road Howell, MI 48843	866-501-3627
W/Th/F	11:00 AM	Ascension Medical Center	1225 S. Latson Road Howell, MI 48843	866-501-3627
W/Th	9:30 AM	Hartland Senior Center	9525 Highland Road Howell, MI 48843	810-626-2135
M/F	10:00 AM	Hartland Senior Center	9525 Highland Road Howell, MI 48843	810-626-2135
M/W/F	9:15 AM	Howell First United Methodist Church	1230 Bower Street Howell, MI 48843	517-546-2730
T/Th	9:15 AM	Howell First United Methodist Church	1230 Bower Street Howell, MI 48843	517-546-2730
M/W/F	9:15 AM	St. Patrick's Catholic Church	711 Rickett Road Brighton, MI 48116	810-299-9863

## Macomb County

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

## Marquette County

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

## Mecosta County

Day(s)	Time	Location-Mecosta County	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/Tu/W/Th/F (Year-round)	8:30 AM	Mecosta County Senior Center	12954 80th Ave. Mecosta, MI 49332	616-222-7011

## Monroe County

Day(s)	Time	Location-Monroe County	Address	Phone Number
M/W/F	8:00 AM	Bedford Senior Center	1653 Samaria Road Temperance, MI 48182	734-856-3330
M/W/F	10:00 AM	Dundee Housing Commission (Rawson Place)	501 Rawson Street Dundee, MI 48131	734-529-2828
M/W/F	9:00 AM	Frenchtown Senior Center	2786 Vivian Road Monroe, MI 48162	734-243-6210
M/Tu/Th	10:00 AM	Milan Senior for Healthy Living	45 Neckel Court Milan, MI 48160	734-508-6229
M/W	1:45 PM	Milan Senior for Healthy Living	45 Neckel Court Milan, MI 48160	734-508-6229
M/W/F	9:00 AM	YMCA - Monroe	1111 W. Elm Ave. Monroe, MI 48162	734-241-2606 Ext. 226

Day(s)	Time	Location-Monroe County	Address	Phone Number
M/W/F	1:30 PM	YMCA - Monroe	1111 W. Elm Ave. Monroe, MI 48162	734-241-2606 Ext. 226
Tu/Th	10:30 AM	YMCA - Monroe Center For Healthy Aging	15275 South Dixie Highway Monroe, MI 48161	734-241-0404
Tu/Th	11:45 AM	YMCA - Monroe Center For Healthy Aging	15275 South Dixie Highway Monroe, MI 48161	734-241-0404
Sa	9:30 AM	YMCA - Monroe Center For Healthy Aging	15275 South Dixie Highway Monroe, MI 48161	734-241-0404
Sa	10:45 AM	YMCA - Monroe Center For Healthy Aging	15275 South Dixie Highway Monroe, MI 48161	734-241-0404

## Newaygo County

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

## Oakland County

Day(s)	Time	Location-Oakland County	Address	Phone Number
M/Tu/Th	9:00 AM	Beech Woods Recreation Center (ON HIATUS- Classes held at John Grace Community Center)	22200 Beech Road Southfield, MI 48034	248-796-4620
Tu/Th	5:45 PM	Beech Woods Recreation Center (ON HIATUS- Classes held at John Grace Community Center)	22200 Beech Road Southfield, MI 48034	248-796-4620
M/W/F	1:30 PM	Carls Family YMCA	300 Family Drive Milford, MI 48381	248-685-3020
M/Tu/Th	9:00 AM	John Grace Community Center	21030 Indian Street Southfield, MI 48076	248-796-4640
Tu/Th	5:45 PM	John Grace Community Center	21030 Indian Street Southfield, MI 48076	248-796-4640



Day(s)	Time	Location-Oakland County	Address	Phone Number
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
Tu/Th	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/Tu/W/F	9:00 AM	St. John Providence Wellness Center	15990 W. Nine Mile Road Southfield, MI 48075	866-501-3627
Th	2:30 PM	St. John Providence Wellness Center	15990 W. Nine Mile Road Southfield, MI 48075	866-501-3627
W	10:30 AM	St. John Providence Wellness Center	15990 W. Nine Mile Road Southfield, MI 48075	866-501-3627
Th	11:00 AM	St. John Providence Wellness Center	15990 W. Nine Mile Road 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 Road Royal Oak, MI 48067	248-547-0030

## Ottawa County

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

## Saginaw County

Day(s)	Time	Location-Saginaw County	Address	Phone Number
M/W	10:00 AM	Saginaw County Community Action Center	2824 Perkins Street Saginaw, MI 48601	989-753-7741
Tu/Th/Sa	9:30 AM	YMCA of Saginaw	1915 Fordney Street Saginaw, MI 48601	989-753-7721
Sa	10:00 AM	YMCA of Saginaw	1915 Fordney Street Saginaw, MI 48601	989-753-7721
Tu/Th/Sa	10:30 AM	YMCA of Saginaw	1915 Fordney Street Saginaw, MI 48601	989-753-7721

## St. Clair County

Day(s)	Time	Location-St. Clair County	Address	Phone Number
Tu/Th	8:30 AM	Marine City High School Auxiliary Gym	1085 Ward Street Marine City, MI 48039	810-676-1900
M/W/F	11:00 AM	YMCA of the Blue Water Area	1525 Third Street Port Huron, MI 48060	810-987-6400

## Washtenaw County

Day(s)	Time	Location-Washtenaw County	Address	Phone Number
M/W/F	11:00 AM	Ann Arbor YMCA	400 W. Washington Street Ann Arbor, MI 48103	734-996-9622
M/W/F	10:30 AM	Chelsea Senior Activities Center	512 E. Washington Street Chelsea, MI 48118	734-475-9242
W	9:00 AM	Dexter Senior Center	7720 Ann Arbor Street Dexter, MI 48130	734-426-7737
M/F	10:30 AM	Dexter Senior Center	7720 Ann Arbor Street Dexter, MI 48130	734-426-7737

Day(s)	Time	Location-Washtenaw County	Address	Phone Number
Tu/Th	11:00 AM	Sequoia Place YMCA	1131 N. Maple Road Ann Arbor, MI 48103	734-996-9622
F	11:30 AM	Sequoia Place YMCA	1131 N. Maple Road Ann Arbor, MI 48103	734-966-9622
M/W/F	1:10 PM	Turner Senior Resource Center	2401 Plymouth Rd., Suite C Ann Arbor, MI 48105	734-998-9353
M/W/F	10:30 AM	Ypsilanti Township Recreation Department	2025 E. Clark Road Ypsilanti, MI 48198	734-544-3838
Tu/Th	10:30 AM	Ypsilanti Township Recreation Department	2025 E. Clark Road Ypsilanti, MI 48198	734-544-3838

## Wayne County

Day(s)	Time	Location-Wayne County	Address	Phone Number
Tu/Th	1:15 PM	Adams Butzel Recreation Center	10500 Lyndon Street Detroit, MI 48238	313-628-0990
M/TH	11:30 AM	Adult Well-Being Services	13130 Woodward Ave. Highland, MI 48203	313-252-4011 Ext. 3804
M/W	10:30 AM	Association of Chinese Americans <b>(ON HIATUS)</b>	4750 Woodward Ave. Detroit, MI 48201	313-831-1790
M/Th/F	1:30 PM	Comstock Day Program	66 Lothrop Road Detroit, MI 48202	313-841-4330
Tu/Th/F	10:00 AM	Conner Creek	4777 E. Outer Drive Detroit, MI 48234	313-369-9100
W	4:45 PM	Conner Creek	4777 E. Outer Drive Detroit, MI 48234	313-369-9100
Tu/W/F	1:15 PM	Crowell Recreation Center	16630 Lahser Road 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

Day(s)	Time	Location-Wayne County	Address	Phone Number
M/TH	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 Road Inkster, MI 48141	313-561-2382
F	3:00 PM	Dozier Recreation Center	2025 Middlebelt Road Inkster, MI 48141	313-561-2382
M/TH	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 Drive Detroit, MI 48234	313-446-4444 Ext. 5841
M/W/F	9:00 AM	Franklin Wright Settlement	3360 Charlevoix Street Detroit, MI 48207	313-446-4444 Ext. 5841
M	10:30 AM	Gethsemane Missionary Baptist Church	29066 Eton Street Westland, MI 48186	313-561-2382
Tu	1:00 PM	Gethsemane Missionary Baptist Church	29066 Eton Street Westland, MI 48186	313-561-2382
Tu	10:45 AM	Goodwill Industries of Greater Detroit	3111 Grand River Ave. Detroit, MI 48208	734-222-9800
M/W/F	11:00 AM	Joe Ellison Center	18917 Joy Road Detroit, MI 48228	313-581-7773
W	1:00 PM	L & L Adult Day Care	1485 E. Outer Drive Detroit, MI 48234	313-366-1100
M/Tu/W	10:30 AM	LA SED, Inc.	7150 West Vernor Highway Detroit, MI 48209	313-446-4444 Ext. 5841
M/W/F	11:30 AM	Livonia Family YMCA	14255 Stark Road Livonia, MI 48154	734-261-2161
M/W/F	9:30 AM	Northwest Activities Center	18100 Meyers Road Detroit, MI 48235	313-864-7828
M/W/F	10:45 AM	Northwest Activities Center	18100 Meyers Road Detroit, MI 48235	313-864-7828

Day(s)	Time	Location-Wayne County	Address	Phone Number
Tu/Th	11:30 AM	Patton Recreation Center	2310 Woodmere Street Detroit, MI 48209	313-446-4444 Ext. 5841
M/W/F	9:00 AM	Peoples Community Wellness Center	8625 Joseph Campau Ave. Hamtramck, MI 48212	313-446-4444 Ext. 5841
Tu/Th	10:30 AM	Services for Older Citizens	158 Ridge Road Grosse Pointe Farms, MI 48236	313-446-4444 Ext. 5841
M/Tu/W/Th	8:30 AM	St. John Riverview	7633 E. Jefferson Ave. Suite 170 Detroit, MI 48214	586-524-0908
M/Tu/W/Th	10:00 AM	St. John Riverview	7633 E. Jefferson Ave. Suite 170 Detroit, MI 48214	586-524-0908
Tu/Th	11:30 AM	St. John Riverview	7633 E. Jefferson Ave. Suite 170 Detroit, MI 48214	586-524-0908
M	1:00 PM	St. John Riverview	7633 E. Jefferson Ave. Suite 170 Detroit, MI 48214	586-524-0908
M/Tu	9:15 AM	St. Patrick Senior Center	58 Parson Street Detroit, MI 48201	313-446-4444 Ext. 5841
F	1:15 AM	St. Patrick Senior Center	58 Parson Street 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