

# EXERCISE CLASSES

Crouch Classes - Ground Level, Room 005

Spring Arbor Classes - Dining Room

## Fit After 50 M W

8:30 am Crouch

10:15 am Spring Arbor

## Enhance Fitness M W F

10:30 am Zoom in September

10:30 am Crouch Oct - Dec

## Zoom Tai Chi M F

12:00 Zoom

## Moving For Better Balance T TH

10:30 am Crouch

## Line Dance W

12:15 Beginning Crouch

November - Advanced Starts

Spring Arbor - Call 768-8691

## EXERCISE

- Fit After 50
- Enhance Fitness
- Tai Chi Zoom
- Line Dance
- Moving For Better Balance

## Fall Exercise Series

**Sept 1 - Dec 17**

**No Classes Sept 6 Labor Day**

**No Classes October 21 Closed**

**No Classes Thanksgiving WEEK**

**Crouch Senior Center**

1715 Lansing Ave

**Spring Arbor Seniors**

122 Star Road

768-8691



JACKSON COUNTY

Department on Aging

## CROUCH SENIOR CENTER

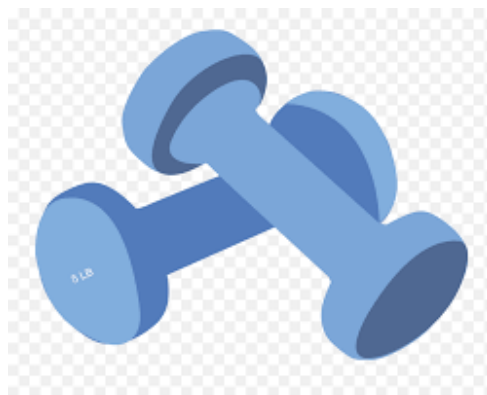
1715 LANSING AVENUE  
JACKSON MI 49204

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 Led, Lauren

**CROUCH M W 8:30 am Room 005**

**Spring Arbor M W 10:15 am Dining Room**

## 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 Led Class, Ken

**CROUCH M W F 10:30 am Sept ZOOM**

**CROUCH M W F 10:30 am Room 005**

## ZOOM TAI CHI

### Ancient Martial Arts

- Practiced for health benefits
- Slow fluid movements
- Improve Flexibility
- Improve Balance
- Improve Core Strength
- September Class Only
- YMCA Instructor Led, Ken

**CROUCH M F 12:00 pm Zoom**

**Call 768-8691 for Link.**

**September Only.**

## 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 Led Class, Suzy

**CROUCH T TH 10:30 am Room 005**

## LINE DANCE

### Crouch Classes

- 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**

**Beginning Line Dance**

**CROUCH W 1:15 pm**

**Advanced Back in NOVEMBER**

## LINE DANCE

### Spring Arbor Class

- Experienced volunteer instructor leads participants step-by-step
- Popular Line Dance Moves
- Music
- Fun Routines
- Volunteer Instructor, Mary Ann

**Spring Arbor Dining Room**

**Call 768-8691**

**for day and time**

## 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

### 2021 SCHEDULE

- **No Classes Sept. 6  
Labor Day**
- **No Classes Oct. 21  
Centers/Sites Closed**
- **No Classes Nov. 22 - 26  
Thanksgiving Week**
- **Fall Session Ends  
December 17; Winter  
Session Starts January 4**