

WINTER SERIES 2022

EXERCISE CLASSES

JACKSON COUNTY DEPARTMENT ON AGING 788-4364

Crouch Classes - Ground Level, Room 005

Spring Arbor Classes - Call 768-8691

Fit After 50 M W

8:30 am Crouch

SA Call 768-8691 for updates

Enhance Fitness M W F

10:30 am Crouch

Moving For Better Balance T TH

10:30 am Crouch

Line Dance W

12:15 Beginning Crouch

1:15 Advanced Crouch

Spring Arbor - Call 768-8691

EXERCISE

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

Winter Exercise Series

January 4 - March 31

No Classes Jan. 3 New Year Holiday

No Classes Jan. 17 MLK Day

No Classes Feb. 21 Presidents' Day

Crouch Senior Center

1715 Lansing Ave

Spring Arbor Seniors

122 Star Road

768-8691



JACKSON COUNTY

Department on Aging

CROUCH SENIOR CENTER

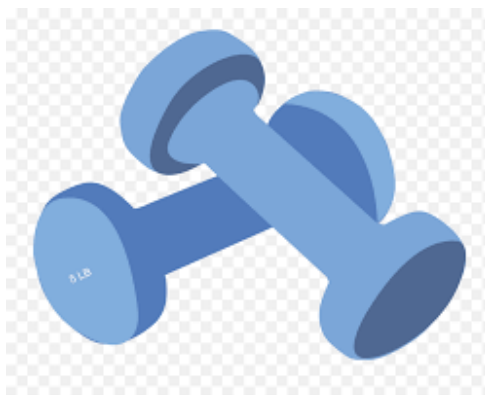
1715 LANSING AVENUE
JACKSON MI 49204

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, Lauren

CROUCH M W 8:30 am Room 005

Spring Arbor, 122 Star 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 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 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 pm

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, 122 Star Road

Beginning Line Dance

Spring Arbor Dining Room

CALL 768-8691

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 Jan. 3 for New Year Holiday**
- **No Classes Jan. 17 for MLK JR Holiday**
- **No Classes Feb. 21 for Presidents' Day**
- **Winter Series Ends March 31; Spring Series Starts April 1**