

# WINTER SERIES 2023

## 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 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

1:30 pm Square Dancers

- New Members Welcome
- Watchers Welcome

## EXERCISE

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

### Winter Exercise Series January 3 - March 31

**No Classes January 2**

New Year's Day, Building Closed

**No Classes January 16**

Martin Luther King Jr. Day, Building Closed

**No Classes February 20**

Presidents' Day, Building Closed

Crouch Senior Center

1715 Lansing Ave

Spring Arbor Seniors

Still Closed - Remodel

768-8691



JACKSON COUNTY

Department on Aging

### CROUCH SENIOR CENTER

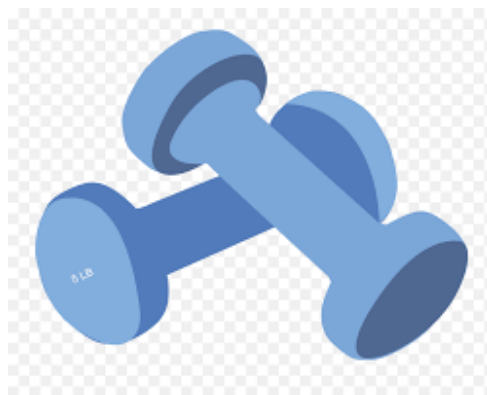
1715 LANSING AVENUE  
JACKSON MI 49204

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 F 8:30 am Room 005**

**Spring Arbor - 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

- Intermediate 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**

## MATTER OF BALANCE WORKSHOP

**CROUCH SENIOR CENTER**

**WEDNESDAYS & THURSDAYS**

**March 29 - April 21**

**10 am to 12 pm**

**Concerns about falling? Attend this workshop! In an educational support-group style, Matter of Balance helps people to:**

- View falls and fear of falling as controllable
- Set goals for increasing activity
- Make changes to reduce fall risks

**Please Sign Up! Call Laurie 768-8691**

**Email [LMead@mijackson.org](mailto:LMead@mijackson.org)**

## 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**

**Aging, 788-4364**

**Laurie, 768-8691**

## HOLIDAY BREAK

**2023 SCHEDULE**

- No Classes Monday, Jan. 2
- No Classes Monday, Jan 16
- No Classes Monday, Feb. 20
- Note: All classes Jan. 23, 24, 25 will be held in the multipurpose room of the Senior Center.

**Winter Series Ends March 31.**

**Spring Series starts April 10.**