

## What Is EnhanceFitness®?

**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.

## What's in it for you?

- Increased Strength
- Boost in Activity Level
- Improved Mood
- FUN!!!!

## Qualifications

- Loose-fitting clothing
- Comfortable shoes or sneakers
- Your smile!!!

1 hour **2 to 3** times a week

For more information call  
**1.800.482.1455** or visit  
[nkfm.org/enhance-fitness](http://nkfm.org/enhance-fitness)

Find us @KidneyMI



National Kidney Foundation®

of Michigan



## THANKS TO OUR PARTNERS



This publication was made possible by funding from the Centers for Disease Control and Prevention State and Local Public Health Actions to Prevent Obesity, Diabetes, and Heart Disease and Stroke grant (CDC-RFA-DP14-1422).

Updated 2.17.2017



Want to become fit and have a lot of fun?  
Start with  
**ENHANCE FITNESS!!!**  
Exercise classes with **you** in mind.



National Kidney Foundation® of Michigan

[nkfm.org/enhance-fitness](http://nkfm.org/enhance-fitness)

# CURRENT SOUTHEAST MICHIGAN LOCATIONS

\*Classes are free unless donation or fee noted

## Metro Detroit

### Adam Butzel Recreation Center

10500 Lyndon St. | Detroit, MI 48238  
313-628-0990  
Tuesdays & Thursdays 1:15 - 2:15PM

### American Indian Services, Inc.

1110 Southfield Rd. | Lincoln Park, MI 48146  
313-388-4100  
Tuesdays 11:30 - 12:30PM  
*\*Closed site-call prior to attending*

### Beech Woods Recreation Center

22200 Beech Road | Southfield, MI 48034  
248-796-4620  
Re-start day classes in October:  
Mondays, Tuesdays, Thursdays 9 - 10AM  
Tuesdays & Thursdays-evening classes  
5:45 - 6:45PM

### Crowell Recreation Center

16630 Lahser Rd | Detroit, MI 48219  
313-628-2050  
Tuesdays, Wednesdays, Fridays 1:15 - 2:15PM

### Conner Creek

4777 E. Outer Dr (old Holy Cross Hospital)  
Detroit, MI 48234  
313-369-9100  
Tuesdays & Thursdays & Fridays 10 - 11AM  
Wednesdays 4:45 - 5:45PM

### Dozier Recreation Center

2025 Middlebelt | Inkster, MI 48141  
734-728-7530  
Wednesdays, Thursdays, Fridays  
11AM - 12PM

### Ecorse Senior Center

4072 W Jefferson Ave | Ecorse, MI 48229  
313-382-3305  
Mondays & Thursdays 1 - 2PM

### Gethsemane Missionary Baptist Church

29066 Eton | Westland, MI 48186  
Mondays 10:30 - 11:30AM  
Tuesdays 1:00PM

### Joe Ellison Community Center

18900 Joy Rd | Detroit, MI 48228  
Mondays, Wednesdays, Friday 11AM - 12PM

### Pearl Wright Senior Center (Donation)

21131 Garden Lane | 2nd Floor Grant School  
Ferndale, MI 48220  
248-547-9800  
Mondays, Tuesdays & Thursdays 9 - 10AM

### St. John Providence Wellness Center

15990 W. Nine Mile Road  
Southfield, MI 48075  
Mondays, Tuesdays, Wednesdays,  
& Fridays 9 - 10AM  
Wednesdays 10:30 - 11:30AM  
Thursdays 11:00AM - 12PM

### St. John Riverview Senior Wellness Center

7733 East Jefferson | Detroit, MI 48214  
313-499 4035  
Mondays, Tuesdays, Wednesdays,  
& Thursdays 8:30 - 9:30AM & 10 - 11AM  
Mondays 1 - 2PM  
Tuesdays & Thursdays 11:30AM - 12:30PM

## Washtenaw Area

### Chelsea Senior Citizens Activities Center (Fee)

512 Washington St | Chelsea, MI 48118  
734-475-9242  
Mondays, Wednesdays,  
& Fridays 10:30 - 11:30AM  
Mondays 4:00 - 5:00PM

### Milan Seniors for Healthy Living (Fee)

45 Neckel Ct | Milan, MI 48160  
734-508-6229  
Mondays, Tuesdays & Thursdays 10 - 11AM

### St. Joseph Parish (Donation)

830 S. Lafayette | South Lyon, MI 48178  
248-446-8700  
Tuesdays & Fridays 10 - 11AM

### Turner Senior Resource Center (Donation)

2401 Plymouth Rd | Ann Arbor, MI 48105  
734-998-9353  
Mondays, Wednesdays  
& Fridays 1:10 - 2:10PM

### Ypsilanti Twp Recreation Dept (Donation)

2025 E Clark Rd | Ypsilanti, MI 48198  
734-544-3838  
Mondays, Wednesdays  
& Fridays 10:30 - 11:30AM

## Livingston County

### Hartland Senior Center (Donation)

9525 Highland Rd | Howell, MI 48843  
810-626-2135  
Mondays, Wednesdays  
& Fridays 8:45 - 9:45AM

### Howell First United Methodist Church (Donation)

1230 Bower St | Howell, MI 48843  
517-546-2730  
Mondays, Wednesdays  
& Fridays 9:15 - 10:15AM

### St. Patrick Catholic Church (Donation)

711 Rickett | Brighton, MI 48116  
810-229-9863  
Tuesdays 10:45 - 11:45AM  
Fridays 9:15 - 10:15AM

\*Note: Class details may change. Please visit [nkfm.org](http://nkfm.org) or call to confirm dates and times.