

## 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)

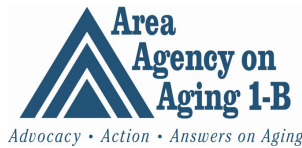
Find us @KidneyMI



National Kidney Foundation®  
of Michigan



## THANKS TO OUR PARTNERS



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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  
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  
Fridays 3-4PM

**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 1-2PM

**Goodwill Industries of Greater Detroit**  
3111 Grand River Avenue | Detroit, MI 48208  
734-222-9800  
Tuesdays 10:45 - 11:45 AM  
*\*Closed site-call NKFM prior to attending*

**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 11AM - 12PM & 2:30-3:30PM

**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

## Oakland County

**Oak Park Community Center**  
14300 Oak Park Blvd | Oak Park, MI 48237  
248-691-7555  
Mondays, Wednesdays, Fridays 9 - 10AM

## 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  
Tuesdays & Thursdays (EF Lite) 10:30 - 11:00AM

## 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  
Thursdays 9:30 - 10:30AM

**St. Patrick Catholic Church (Donation)**  
711 Rickett | Brighton, MI 48116  
810-229-9863  
Tuesdays 10:45 - 11:45AM  
Fridays 9:15 - 10:15AM

## St. Clair County

Marine City  
Date, Time, Location Coming Soon!

\*Note: Class details may change. Please visit nkfm.org or call to confirm dates and times.