

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
810.232.0522 or visit
nkfm.org/enhance-fitness

Find us @KidneyMI



National **Kidney** Foundation®
of Michigan



Awareness. Prevention. Treatment.

Updated 11.8.2017

GENESEE & SAGINAW COUNTY



Want to become fit and
have a lot of fun?

Start with
ENHANCE FITNESS!!!

Free exercise classes
with **you** in mind.



National
Kidney
Foundation® of
Michigan

Flint Branch Office
(Located in the YMCA)
411 East Third Street, Ste. 2
Flint, MI 48503
nkfm.org/enhance-fitness

CURRENT GENESEE AND SAGINAW COUNTY LOCATIONS

**Freedom Work
Opportunities of Genesee
County
(closed site, classes
opened to FWOGC clients
only)**

4100 Commerce Dr.
Flushing, MI 48433
810-659-0062
Mondays & Wednesdays
10 - 11AM

Flint Farmers Market

300 East 1st street
Flint, MI 48502
810-232-0522
Tuesdays
& Thursdays 10 - 11AM

**Hasselbring Senior
Center**

1002 W Home
Flint, MI 48506
810-232-0522
Mondays, Wednesdays
& Fridays 9 - 10AM

**Saginaw County
Community Action Center**

2824 Perkins Street
Saginaw, MI 48601
989-753-7741
Mondays & Wednesdays
10 - 11 AM