

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

Find us @KidneyMI



National Kidney Foundation®

of Michigan



THANKS TO OUR PARTNERS



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WASHTENAW, LIVINGSTON &
ST. CLAIR COUNTY



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



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Foundation® of
Michigan

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CURRENT LOCATIONS

*Classes are free unless donation or fee noted

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

Dexter Senior Center

7720 Ann Arbor St. | Dexter, MI 48130

Wednesdays

9 - 10AM

Full site starting in October 2017

Milan Seniors for Healthy Living (Fee)

45 Neckel Ct | Milan, MI 48160

734-508-6229

Mondays, Tuesdays & Thursdays

10 - 11AM

Mondays & Wednesdays

1:45- 2:45PM

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

Thursdays (EF Lite)

10:30 - 11:30AM

Tuesdays (EF Lite) (to resume in January 2018)

Livingston County

Hartland Senior Center (Donation)

9525 Highland Rd | Howell, MI 48843

810-626-2135

Mondays, Wednesdays

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 John Ascension Center

1225 S. Latson Rd. Howell, MI. 48843

866-501-3627

Wednesdays, Fridays

11:00AM-12:00PM

Thursdays

9:00AM-10AM

St. Patrick Catholic Church (Donation)

711 Rickett | Brighton, MI 48116

810-229-9863

Tuesdays

9:15 - 10:15 AM

Fridays

9:15 - 10:15AM

St. Clair County

Marine City High School Auxiliary Gym

1085 Ward St. | Marine City, MI 48039

810-765-8094

To re-start in October

Tuesdays and Thursdays

8:30AM - 9:30AM

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