

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



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 11.27.2017

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.



National
Kidney
Foundation® of
Michigan

nkfm.org/enhance-fitness

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

Mondays and Fridays 10:30-11:30AM

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

Ascension Medical Center

1225 S. Latson Rd. Howell, MI. 48843

866-501-3627

Wednesdays, Fridays 11:00AM-12:00PM

Thursdays 9:00AM-10AM

Hartland Senior Center (Donation)

9525 Highland Rd | Howell, MI 48843

810-626-2135

Mondays, Fridays 10:00AM- 11:00AM

Wednesdays, Thursdays 9:30AM - 10:30AM

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

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

Tuesdays and Thursdays 9:30AM - 10:30AM

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