

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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WAYNE & OAKLAND 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 WAYNE AND OAKLAND COUNTY LOCATIONS

*Classes are free unless donation or fee noted

Wayne County

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*

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

Crowell Recreation Center

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

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

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

Beech Woods Recreation Center

CLOSED until further notice.
Classes will be temporarily located at:
John Grace Community Center
21030 Indian St.
Southfield, MI. 48076
248-796-4640
Mondays, Tuesdays, and Thursdays 9:00AM-10:00AM
Tuesdays & Thursdays 5:45 - 6:45PM

Oak Park Community Center

14300 Oak Park Blvd | Oak Park, MI 48237
248-691-7555
Mondays, Tuesdays, Wednesdays,
Thursdays & Fridays 9 - 10AM

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

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