

## What Is EnhanceFitness?

**EnhanceFitness (EF)** is a fitness program geared toward improving the overall functional fitness and well-being of primarily older adults (all adults welcome). This low-impact workout can be ideal for anyone, even people with arthritis or other chronic conditions. 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

1 hour **2 to 3** times a week

For more information call  
**810.232.0522**, visit  
[nkfm.org/enhance-fitness](http://nkfm.org/enhance-fitness) or  
[mihealthyprograms.org](http://mihealthyprograms.org)

Find us @KidneyMI



National **Kidney** Foundation®  
of Michigan



**Hamilton**  
**Community**  
**Health**  
**Network**

Awareness. Prevention. Treatment.

Updated 10.16.2018

**GENESEE & SAGINAW COUNTY**



Want to become fit and  
have a lot of fun?  
Start with  
**ENHANCEFITNESS!!!**  
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](http://nkfm.org/enhance-fitness)

## CURRENT GENESEE AND SAGINAW COUNTY LOCATIONS

### **Berston Field House (Donation)**

#### ***Opening September***

3300 N. Saginaw Street  
Flint, MI 48505  
810-787-6531  
Tuesdays and Thursdays  
10 - 11 AM

### **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

### **Hamilton Community Health Network Main Clinic**

2900 N. Saginaw Street  
Flint, MI 48505  
810-406-4246  
Tuesdays 12 - 1 PM

### **Hasselbring Senior Center (Donation)**

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