

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
1.800.482.1455, visit
nkfm.org/enhance-fitness or
mihealthyprograms.org

Find us @KidneyMI

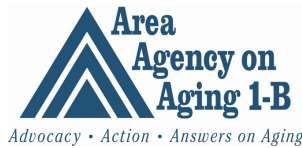


National Kidney Foundation®

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 11.12.2018

WASHTENAW, LIVINGSTON



Want to become fit and have a lot of fun?
Start with
ENHANCEFITNESS!!!
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

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
Tuesdays, Thursdays (EF Lite) 10:30 - 11:30AM

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, Wednesday 8:45AM- 9:45AM

Howell First United Methodist Church (Donation)

1230 Bower St | Howell, MI 48843
517-546-2730
Wednesdays & 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

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