

## 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](http://nkfm.org/enhance-fitness)** or  
**[mihealthyprograms.org](http://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 2.27.2019

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](http://nkfm.org/enhance-fitness)**

# CURRENT LOCATIONS

\*Classes are free unless donation or fee noted

## Washtenaw Area

### Ann Arbor Center for Independent Living

3941 Research Park Dr. | Ann Arbor, MI 48108

734-971-0277 ext. 53

Tuesdays 10:30-11:30AM

\*Closed site-call NKFM prior to attending

### 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 & Wedensdays 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 9-10AM

### Hartland Senior Center (Donation)

9525 Highland Rd | Howell, MI 48843

810-626-2135

Mondays, Wednesday 8:45-9:45AM

### 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 & Fridays 9:15-10:15AM

\*Note: Class details may change. Please visit [nkfm.org](http://nkfm.org) or call to confirm dates and times.