

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



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WAYNE & OAKLAND COUNTY



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 WAYNE AND OAKLAND COUNTY LOCATIONS *Classes are free unless donation or fee noted

Wayne County

Adam Butzel Recreation Center (Fee)

Membership required

10500 Lyndon St.

Detroit, MI 48238

313-628-0990

Tuesdays and Thursdays 1:15-2:15PM

Conner Creek (Donation)

4777 E. Outer Dr (old Holy Cross Hospital)

Detroit, MI 48234

313-369-9100

Tuesdays 10:30AM-11:30AM

Thursdays, Fridays 10-11AM

Wednesdays 4:45-5:45PM

Crowell Recreation Center (Fee)

Membership required

16630 Lahser Rd

Detroit, MI 48219

313-628-2050

Tuesdays, Wednesdays, Fridays 1:15-2:15PM

Bring second pair of athletic shoes for inside use only

Dozier Recreation Center (Free)

2025 Middlebelt

Inkster, MI 48141

734-728-7530

Wednesdays, Thurs, Fridays 11AM-12PM

Fridays 3-4PM

Drew Transition Center (Free)

Closed site for students

9600 Wyoming Ave.

Detroit, MI. 48204

313-873-6880

Fridays 11:15am-12:15pm

Ecorse Senior Center (Free)

4072 W Jefferson Ave

Ecorse, MI 48229

313-382-3305

Mondays & Thursdays 1-2PM

Gethsemane Missionary Baptist Church (Free)

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

Second Grace Church (Donation)

18700 Joy Rd

Detroit, MI 48228

Mondays, Wednesdays, Friday 11AM-12PM

Ascension Riverview Wellness Center (Free)

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

Village at St. Martha's*

15875 Joy Rd.

Detroit, MI. 48228

(313) 582-8088

Mondays & Wednesdays 1:30-2:30PM

Open to Friends & Family of St. Martha's residents, must be at least 62 years of age

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

Oakland County

Beech Woods Recreation Center (Free for City of Southfield Parks Residents)

Day classes re-open Sept 4.

Eve classes open all year.

22200 Beech Road | Southfield, MI 48034

248-796-4620

Mondays, Tuesdays, and Thursdays

9:00-10:00AM

Tuesdays & Thursdays

5:45-6:45PM

Oak Park Community Center (Free)

14300 Oak Park Blvd | Oak Park, MI 48237

248-691-7555

Mondays, Tuesdays, Wednesdays,

Thursdays & Fridays 9-10AM

Bring second pair of athletic shoes for inside use only

Pearl Wright Senior Center (Donation)

21131 Garden Lane | 2nd Floor Grant School

Ferndale, MI 48220

248-547-9800

Mondays, Tuesdays & Thursdays 9-10AM

Ascension Southfield Wellness Center (Free)

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