

# October 2025 Free Fitness Class Schedule



## Monday Classes

Class Name	Location	Time	Notes
Power Spin	Henry Ford Geneseys Health Club 801 Health Park Blvd, Grand Blanc Twp., MI 48439	8:00 – 8:45am	- Studio #3/Spin Studio
Sensational Senior Fitness	Berston Field House 3300 Saginaw St, Flint, MI 48505	10:00 – 11:00am	
Drums Alive	Grand Blanc Senior Center 12632 Pagels Dr, Grand Blanc, MI 48439	1:30pm	- Bring your own ball - Bucket & Sticks provided
Senior Gentle Flow Yoga	Loose Senior Center 707 N Bridge St, Linden, MI 48451	2:00pm	- - Bring a yoga mat

## Tuesday Classes

Class Name	Location	Time	Notes
Arthritis Exercise Program	Burton Senior Center 3410 S Grand Traverse St, Burton, MI 48529	9:00 – 10:00am	
	Loose Senior Center 707 N Bridge St, Linden, MI 48451	9:30 OR 10:30am	
	Grand Blanc Senior Center 12632 Pagels Dr, Grand Blanc, MI 48439	10:00 – 11:00am	
Sensational Senior Fitness	Berston Field House 3300 Saginaw St, Flint, MI 48505	10:00 – 11:00am	
Chair Yoga	Forest Twp. Senior Center 130 E Main St suite a, Otisville, MI 48463	12:30pm	- To register call 810-631-3407
Tai Chi	Berston Field House 3300 Saginaw St, Flint, MI 48505	1:00 – 2:00pm	
Arthritis Exercise Program Senior Chair Yoga	Grand Blanc Senior Center 12632 Pagels Dr, Grand Blanc, MI 48439	2:00 – 3:00pm	
	Loose Senior Center 707 N Bridge St, Linden, MI 48451	2:00pm	
Zumba Gold	Forest Twp. Senior Center 130 E Main St suite a, Otisville, MI 48463	3:30 – 4:30pm	

**See back page for class descriptions.**

Questions? Call 810-232-2228 or email [commit2fit@flint.org](mailto:commit2fit@flint.org)

For the following months calendar visit: <https://qfhc.org/programs/c2f/>

Yoga	West Court Street Church of God 2920 W Court St, Flint, MI 48503	5:00 – 6:00pm	- Arrive by 4:50pm
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## Wednesday Classes

Class Name	Location	Time	Notes
Aqua Zumba	Insight Health & Fitness 4400 Saginaw St, Flint, MI 48507	8:15 – 9:15am	-To register call 810-232-2228
Commit to Fit Walk with Ease	Max Brandon Park – Pasadena Ave. Side Entrance between MLK & Dupont St.	9:00 – 10:00am	-To register call 810-232-2228
Senior Gentle Flow Yoga	Loose Senior Center 707 N Bridge St, Linden, MI 48451	9:30am	- Bring a yoga mat
Arthritis Exercise Program	Hasselbring Senior Center 1002 W Home Ave, Flint, MI 48505	9:00 – 10:00am	
	Forest Twp. Senior Center 130 E Main St suite a, Otisville, MI 48463	10:00 – 11:00am	
Drums Alive	Burton Senior Center 3410 S Grand Traverse St, Burton, MI 48529	10:00am	-Bring your own equipment or lend equipment for a \$20 deposit that is returned after the session -To register call 810-744-0960
Strength & Balance By <a href="#">Ivy Rehab Physical Therapy</a>	Loose Senior Center 707 N Bridge St, Linden, MI 48451	11:00am – 12:00pm	
Chair Exercise Volleyball	Grand Blanc Senior Center 12632 Pagels Dr, Grand Blanc, MI 48439	12:30pm	

## Thursday Classes

Class Name	Location	Time	Notes
Arthritis Exercise Program	Burton Senior Center 3410 S Grand Traverse St, Burton, MI 48529	9:00 – 10:00am	
Drums Alive	Loose Senior Center 707 N Bridge St, Linden, MI 48451	9:30am	
Sensational Senior Fitness	Berston Field House 3300 Saginaw St, Flint, MI 48505	10:00 – 11:00am	
Arthritis Exercise Program	Grand Blanc Senior Center 12632 Pagels Dr. Grand Blanc, MI 48439	10:00 – 11:00am	
Senior Chair Yoga	Loose Senior Center 707 N Bridge St, Linden, MI 48451	10:15am	
Balance Class by Maxwell Physical Therapy	Temple Beth El – Jewish Community Services 5150 Calkins Rd. Flint, MI 48532	11:30am	- Kosher & Asian Indian lunch from 12:00 -1:00pm

Yoga	Berston Field House 3300 Saginaw St, Flint, MI 48505	1:00 – 2:00pm	
Yoga	West Court Street Church of God 2920 W Court St, Flint, MI 48503	5:00 – 6:00pm	- Arrive by 4:50pm

## Friday Classes

	Location	Time	Notes
Senior Gentle Flow Yoga	Loose Senior Center 707 N Bridge St, Linden, MI 48451	9:30am	- Bring a yoga mat
Arthritis Exercise Program	Eastside Senior Center 3065 N Genesee Rd, Flint, MI 48506	9:30 – 10:30am	
	Swartz Creek Senior Center 8095 Civic Dr #2, Swartz Creek, MI 48473	11:00am – 12:00pm	
	Henry Ford Health Club 801 Health Park Blvd, Grand Blanc Twp., MI 48439	1:00 – 2:00pm	- Studio #2/Mind & Body Studio
Tai Chi Advanced	Davison Senior Center 10135 Lapeer Rd, Davison, MI 48423	1:30 – 3:00pm	
Flint Art Walk <i>Friday, October 10<sup>th</sup> only</i>	Greater Flint Arts Council 816 S. Saginaw St. Flint, MI 48502	6:00 – 9:00pm	

## Saturday Classes

Class Name	Location	Time	
Crim Mindfulness Walk <i>Saturday, October 18<sup>th</sup> only</i>	Applewood Estates 1400 E Kearsley St. Flint, MI 48503	11:30am – 12:30pm	- Weather Permitting

## Sunday Classes

Class Name	Location	Time	
Friends of Fungi Hike <i>Sunday, October 5<sup>th</sup> only</i>	For-Mar Nature Preserve & Arboretum 2142 N. Genesee Rd. Burton, MI 48509	1:00 – 3:0pm	- Pre-Register by 10/4/25 (see link on back page)



## **Commit to Fit will be hosting the 15<sup>th</sup> annual Fall 4 Fitness Challenge October 6<sup>th</sup> – November 2<sup>nd</sup>!**

This is a one-month physical activity challenge that encourages employees to represent their organizations by being physically active. Open to all area businesses, organizations, and community groups interested in bringing wellness to the workplace and competing with other organizations. See back page for flyer and how to register for the challenge.

**Registration Link:** <https://www.surveymonkey.com/r/F4F2025>



# OCTOBER 2025 FITNESS CLASS CALENDAR

## CLASS DESCRIPTIONS & LOCATIONS



### Commit to Fit

Commit to Fit is in the process of transitioning fitness programs. For the latest classes available please call 810-232-2228 or email [commit2fit@flint.org](mailto:commit2fit@flint.org).

### Greater Flint Health Coalition

120 W 1st St.

Flint, MI 48502

810-232-2228



### Insight Health & Fitness Center

**About Aqua Zumba:** This high-energy aquatic workout fuses rhythm and dance steps with a pool party. Aqua Zumba gives participants all the benefits of a challenging, fun, body-toning workout - in the water! Reduce stress, improve blood circulation, and tone your body with this fun and engaging session.

### Insight Health & Fitness Center

4500 Saginaw St,

Flint, MI 48507

810-893-8469



### Henry Ford Genesys Health Club

#### Power Spin

A group indoor cycling workout where you control the intensity. It's fun, low impact with great music pumping and the group spinning as one. You can burn up to 500 calories per session. Indoor cycling shoes are completely optional.

#### Arthritis Exercise Program

This is a low impact physical activity program for seniors. The routines include gentle range-of-motion exercises that are suitable for every fitness level.

### Henry Ford Genesys Health Club

801 Health Park Blvd.

Grand Blanc, MI 48439

810-606-7300



### Berston Field House

#### Sensational Senior Fitness

Focuses on balance, strength, endurance, and flexibility. Improves functional fitness and well-being. Class is FREE - donations welcome!

#### Yoga

- Learn basic yoga poses
- Helps manage anxiety, arthritis, asthma, and back pain
- Improves blood pressure, stress level, and multiple health conditions.

### Berston Field House

3300 N. Saginaw Street

Flint, MI 48505

216 - 386 - 6722

### West Court Street Church of God

#### Yoga

Must arrive by 4:50pm. Class begins promptly at 5:00pm. Learn yoga postures that cultivate flexibility, strength, balance, and focus. **Enter in door #1.**

### West Court St. Church of God

2920 W Court St.

Flint, MI 48503

810-238-2631

### Arthritis Foundation Exercise Program

This is a low impact physical activity program proven to reduce pain and decrease stiffness. The sessions include gentle range-of-motion exercises that are suitable for every fitness level and ability. Led by a trained program leader, these enjoyable and motivational classes may be taken either standing or sitting in a chair.



### Genesee County Parks

#### Friends of For Mar Fungi Hike

Discover the fantastic fungi at For-Mar during a series of Educational Field Experiences. Each experience includes an introduction on mushroom identification and focuses on identifying fungal species through the Seasons (not to identify mushrooms for edibility). Long pants, closed toe shoes, and tick repellant are highly recommended.

Suggested for ages 16 and older

Click here to register or click the "visit" tab at <https://geneseecountyparks.org/>

### For-Mar Nature Preserve & Arboretum

2142 N Genesee Rd,

Burton, MI 48509

810-736-7100



### Crim Fitness Foundation

#### Mindful Walk at Applewood Estates

Join us for a guided mindfulness experience in various peaceful places throughout the gardens and grounds. Enjoy Applewood's beauty and tranquility with reflections that are designed to support well-being and promote self-awareness. Offered through a partnership with the Crim Fitness Foundation's Mindful Flint initiative.

### Crim Fitness Foundation

719 Harrison St., Suite

102 Flint, MI 4850

810-235-3396



For the following months calendar visit: <https://gfhc.org/programs/c2f/>