

November 2025 Free Fitness Class Schedule



*****ATTN: There are no classes November 27th or 28th due to Thanksgiving.**

Monday Classes

Class Name	Location	Time	Notes
Power Spin	Henry Ford Genesys 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	
	Mundy Twp. Senior Center 1286 W. Hill Rd. Flint, MI 48507	9:15 – 10:15am	
	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	
Yoga for Kids	Flint Public Library 1026 E Kearsley St, Flint, MI 48503	12:00 – 12:30pm	-
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	

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 Ivy Rehab Physical Therapy	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	
Storytime Yoga <i>Wednesday, November 5th only</i>	Flint Public Library 1026 E Kearsley St, Flint, MI 48503	5:30 – 6:30pm	

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, November 14th only</i>	Greater Flint Arts Council 816 S. Saginaw St. Flint, MI 48502	6:00 – 9:00pm	

Saturday Classes

Class Name	Location	Time	
Yoga with Black Amor	Flint Public Library 1026 E Kearsley St, Flint, MI 48503	11:00am – 12:00pm	- Bring a yoga mat

ATTN: Insight Health and Fitness is now offering Silver Sneakers! To find out if you're eligible or to sign up, stop into the center at 4500 Saginaw St, Flint, MI 48507.



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



NOVEMBER 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.

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

Find a walking or hiking trail near you!

Genesee County Parks offers over 11,000 acres of adventure. From the shores of Mott Lake to the wooded mudflats near Kearsley Creek at For-Mar Nature Preserve & Arboretum, there are miles of trails that will lead you to new discoveries. Whether you're looking to walk, run, hike, bike, paddle or enjoy the trails in some other way, Genesee County Parks has a terrain worth finding and the scenery worth exploring.

Visit <https://geneseecountyparks.org/trails/>

For-Mar Nature Preserve & Arboretum

2142 N Genesee Rd,
Burton, MI 48509
810-736-7100



Flint Public Library

Kids Yoga

Join us for yoga designed for children Pre - K through 5th grade! Questions? Contact Felica Campbell at fcampbell@geneseeisd.org or call 810-591-5635.

Storytime Yoga

Miss Marcia weaves yoga, movement, breath, and stories. Children will build positive body awareness, mindfulness and self-regulation while enjoying wonderful stories.

Yoga with Black Amor

Join us for our six-week yoga class with instructors from Black Amor, a perfect opportunity to embrace resolutions on self-care, strength, and overall well-being. All levels welcome (Ages 18+)

Flint Public Library

1026 E Kearsley St,
Flint, MI 48503
810-232-7111



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