

# January 2026 Free Fitness Class Schedule



**\*\*\*ATTN: There are no classes Thursday, January 1<sup>st</sup> due to the holiday.**

## 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	
	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	
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	Grand Blanc Senior Center 12632 Pagels Dr, Grand Blanc, MI 48439	2:00 – 3:00pm	
Chair Yoga	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	3:00 – 4:00pm	
Yoga	West Court Street Church of God 2920 W Court St, Flint, MI 48503	5:00pm	- Arrive by 4:50pm

## 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
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	

## 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 <b>Friday, January 9<sup>th</sup> only</b>	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 <b>Saturday, January 24<sup>th</sup> and 31<sup>st</sup> only</b>	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 are eligible or to sign up, stop into the center at 4500 Saginaw St, Flint, MI 48507.



**INSIGHT**  
HEALTH & FITNESS CENTER

Cross-Country Skiing, Snowshoeing, and Sledding are great winter workouts! Get outdoors and explore what the Genesee County Parks have to offer!

**Visit:** <https://geneseecountyparks.org/park-directory/>



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



# JANUARY 2026 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

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

### 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

#### 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

