

# April 2026 Free Fitness Class Schedule



## 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	
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
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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
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	
Children Storytime Yoga	Flint Public Library 1026 E Kearsley St, Flint, MI 48503	5:30pm – 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, April 10<sup>th</sup></i>	Greater Flint Arts Council 816 S. Saginaw St. Flint, MI 48502	6:00 – 9:00pm	

**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

## SAVE THE DATE:

Commit to Fit Walk with Ease: To register, call 810-232-2228.

# Walk with Ease

The Commit to Fit Walk With Ease program can teach you how to safely make physical activity part of your everyday life. Studies show that Walk With Ease is proven to:

- Reduce the pain and discomfort of arthritis
- Increase balance, strength, and walking pace
- Build confidence in your ability to be physically active
- Improve overall health

**Upcoming Session:**

- Max Brandon Park - May 6<sup>th</sup> - September 25<sup>th</sup>
- Wednesdays & Fridays - 9:00 - 10:00am
- Meet at the Pasadena Ave Side Entrance
- Pavilion #1

To register, call 810-232-2228

**COMMIT TO FIT!**  
Live • Learn • Work • Play

**Arthritis Foundation**

**GENESEE COUNTY PARKS**  
All Events Subject to Change