

# June 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	5:00pm	- 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	
Games on the Lawn	Flint Public Library 1026 E. Kearsley St. Flint, MI 48503	1:00 – 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	
Meditation & Breath Workshop <i>6/2 &amp; 6/16 only</i>	Flint Public Library 1026 E. Kearsley St. Flint, MI 48503	4:00 – 5:00pm	
Yoga	West Court Street Church of God 2920 W Court St, Flint, MI 48503	5:00pm	- Arrive by 4:50pm
Mott Park Game Night <i>6/2 &amp; 6/23 only</i>	Mott Park 2401 Nolen Dr. Flint, MI 48504	7:00 – 9:00pm	

## 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 Dupont & MLK	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	-To register call 810-744-0960
	Loose Senior Center 707 N Bridge St, Linden, MI 48451	12:30pm	-No class the 1 <sup>st</sup> Wednesday of the month
Strength & Balance by <a href="#">Ivy Rehab Physical Therapy</a>	Loose Senior Center 707 N Bridge St, Linden, MI 48451	11:00am – 12:00pm	
Rec Wednesdays with the Genesee County Parks	<ul style="list-style-type: none"> <li>Mott Park - Wednesday, June 3<sup>rd</sup> &amp; 17<sup>th</sup>: 2401 Nolen Dr. Flint, MI 48504</li> <li>Chevy Commons - Wednesday, June 10<sup>th</sup> &amp; 24<sup>th</sup> N Chevrolet Ave, Flint, MI 48503</li> </ul>	4:00 – 5:00pm	
Wellness Wednesday Game Night with Dr. Harris <i>6/10 &amp; 6/24 only</i>	Memorial Park 1026 Church St, Flint, MI 48502	6:00 – 7:30pm	- See back page to register

## 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
Walking Garden Tour <i>6/11 &amp; 6/25 only</i>	Applewood – Ruth Mott Foundation 1400 E. Kearsley St. Flint, MI 48503	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
Yoga in Nature	For – Mar Nature Preserve & Arboretum 2142 N Genesee Rd, Burton, MI 48509	6:00 – 7:00pm	- See back page for details

## Friday Classes

Commit to Fit Walk with Ease	Max Brandon Park Pasadena Ave. Side Entrance between Dupont & MLK	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
Flint Art Walk <i>6/12 only</i>	Greater Flint Arts Council 816 S. Saginaw St. Flint, MI 48502	6:00 – 9:00pm	

## Saturday Classes

Mindfulness Walk <i>6/20 only</i>	Applewood – Ruth Mott Foundation 1400 E. Kearsley St. Flint, MI 48503	11:30am – 12:30pm	
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Commit to Fit Walk with Ease	Max Brandon Park Pasadena Ave. Side Entrance between Dupont & MLK	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	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
Midtown Walk <del>6/2 only</del>	Greater Flint Arts Center Foundation 1406 E Saginaw St, Flint, MI 48502	6:30am-9:00pm	

Saturday Classes

SilverSneakers Offered here

INSIGHT  
HEALTH & FITNESS CENTER

SilverSneakers.com

SilverSneakers

ATTN: Insight Health and Fitness is now offering

## 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 810.333.2228

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

**See back page for class descriptions.**

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

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# AUGUST 2025 FITNESS CLASS CALENDAR

## CLASS DESCRIPTIONS & LOCATIONS

West Court Street  
Church of God

### Commit to Fit

**Tai Chi:** This program empowers people of all ages and physical abilities to improve their health and wellbeing through slow, smooth and continuous mind-body exercises. Gain the most benefits by attending every session! **To register call 810-232-2228.**

**Walk with Ease:** This group is for all walking paces however it is geared for low impact walking. Canes & walkers are welcome. 1.25 mile loop with breaks in between if needed. Some walk 2 laps for 2.5 miles! (optional). **To learn more or to register call 810-232-2228.**

### 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!

#### Senior Line Dancing

Join us for a fun way to loose weight and keep up with the latest Line Dancing moves. This is also a chance to engage in community performances. For more information contact 810-308-2876 or at delois1979@yahoo.com.

#### 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

## 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

### Recreation Pop-ups

Join us for exciting outdoor activities at parks across Genesee County! Drop in and try your hand at archery, disc golf, nature art, or wildlife observation in a fun, casual setting. No registration, no pressure—just a chance to explore, play, and connect with nature. Activities vary by location, so stop by and see what's happening! For all ages of all abilities.

### Yoga in Nature

This yoga series offers a variety of classes from slow-paced yoga to help you unwind after a long day, to a heart-pumping flow to help you stay fit. Yoga mats are provided if needed and optional suggested items include a yoga mat, block, bolster, strap, or even a blanket. Will be held 100% outdoors, weather permitting. For teens and adults of all abilities.

[CLICK HERE TO REGISTER](#), OR visit [Genesee County Parks website](#)

### [For-Mar Nature Preserve & Arboretum](#)

2142 N Genesee Rd,

Burton, MI 48509

810-736-7100



## Crim Fitness Foundation

### Flow on the Northside: Crim Yoga

Come join us for Flow on the Northside, a healing space for gentle movement, stillness, and community care. This trauma-informed class includes seated yoga, breath awareness, and quiet reflection—accessible to all bodies and experience levels.

*No experience needed. Come as you are. Chairs, props, and mats provided.*

### 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

