

July 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 for Kids	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	
Yoga	West Court Street Church of God 2920 W Court St, Flint, MI 48503	5:00pm	- Arrive by 4:50pm
Yoga in the Park	Mott Park 2401 Nolen Dr. Flint, MI 48504	6:00 – 7:00pm	

Wednesday Classes

Class Name	Location	Time	Notes
Aqua Zumba	Insight Health & Fitness 4400 Saginaw St, Flint, MI 48507	9:00 – 10:00am	-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 st Wednesday of the month
Strength & Balance by Ivy Rehab Physical Therapy	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
Walking Garden Tour <i>7/9 & 7/23 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
Nature Walks with the Genesee County Parks	Chevy Commons N Chevrolet Ave, Flint, MI 48503	5:00 – 6:30pm	
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: *Attn: No classes on Friday, July 3rd.*

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 Genesys Health Club 801 Health Park Blvd, Grand Blanc Twp., MI 48439	1:00 – 2:00pm	- Studio #2/Mind & Body
Flint Art Walk <i>7/10 only</i>	Greater Flint Arts Council 816 S. Saginaw St. Flint, MI 48502	6:00 – 9:00pm	

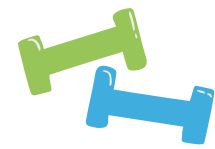
Saturday Classes

Mindfulness Walk <i>7/18 only</i>	Applewood – Ruth Mott Foundation 1400 E. Kearsley St. Flint, MI 48503	11:30am – 12:30pm	
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JULY 2026 FITNESS CLASS CALENDAR

CLASS DESCRIPTIONS & LOCATIONS



Commit to Fit Walk with Ease

A free walking program 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.



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.

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

Games on the Lawn for Kids

Come meet new friends, enjoy lunch outside, play your favorite lawn games, and decorate with sidewalk chalk! *May move inside due to heat or rain*

Flint Public Library

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



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

Nature Walks at Chevy Commons

Join park staff for weekly themed nature walks through Chevy Commons! Explore topics such as native pollinators and wildflowers, insect investigations, mammals, and bird watching. Walks are weather permitting, and no registration is required.

Yoga in Nature at For Mar

Join yoga instructor Theresa Roach in a flexible weekly yoga series that offers options during practice that allow you to increase or decrease the intensity depending on your needs. Yoga mats are provided if needed. Will be held 100% outdoors, weather permitting.

For-Mar Nature Preserve & Arboretum

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



Insight Health & Fitness Center

About Aqua Zumba: This high-energy aquatic workout 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



Garden walk at Applewood - Ruth Mott Foundation

Join us for a guided walking garden tour alongside one of the Ruth Mott Foundation's expert horticulturists as we explore what plants are expected to bloom or peak this month at Applewood! No reservations needed.

Applewood - Ruth Mott Foundation

1400 E. Kearsley St.,
Flint, MI 48503
810-233-3835



Questions? Contact commit2fit@flint.org



WALK TO WELLNESS CHALLENGE

JULY 13TH - AUGUST 9TH, 2026



GREATER FLINT HEALTH COALITION

THE WALK TO WELLNESS CHALLENGE IS SIMPLE -
GO FOR A WALK!



AUTOMATIC STEP TRACKING IS BACK!

Use the **FREE StepUp Challenge App** to automatically track and sync your steps throughout the challenge.

- Sync your Apple Watch, Fitbit, and other wearables through Apple Health, Android Health Connect, or Samsung Health.
- No wearable? No problem! StepUp works with just your phone in your pocket, like a pedometer.
- Once registered, you will receive more information on the next steps.



CHALLENGE GOAL

Track your steps from July 13th - August 9th. Average at least 8,000 steps per day and be entered to win great prizes!

TRACKING OPTIONS

1. StepUp Challenge App
(Recommended)



2. Weekly Step Submission using a link emailed directly to you.



REGISTRATION OPTIONS

 **[Click here to fill out the registration form](#)**

 **Scan the QR Code**



 **Call 810-232-2228**

CHALLENGE PRIZES

Individuals that average 8,000 steps a day will be entered into a weekly drawing for \$20 Complete Runner gift cards.



Commit to Fit is
a program of the
Greater Flint
Health Coalition.

Visit gfhc.org/programs/c2f/