

September 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
Drums Alive	Loose Senior Center 707 N Bridge St, Linden, MI 48451	9:30am	
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	
	Grand Blanc Senior Center 12632 Pagels Dr, Grand Blanc, MI 48439	10:00 – 11:00am	
	Loose Senior Center 707 N Bridge St, Linden, MI 48451	10:30am	

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
Yoga in the Park No class 9/13	Chevy Commons N Chevrolet Ave, Flint, MI 48503	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	

Arthritis Exercise Program	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
Strength & Balance by Ivy Rehab Physical Therapy	Loose Senior Center 707 N Bridge St, Linden, MI 48451	11:00am	

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	
Arthritis Exercise Program	Loose Senior Center 707 N Bridge St, Linden, MI 48451	10:30am	
Balance Class by Maxwell Physical Therapy	Temple Beth El – Jewish Community Services	11:30am	- Kosher & Asian Indian lunch from 12:00 -1:00pm
Walking Garden Tour 9/10 & 9/24 only	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

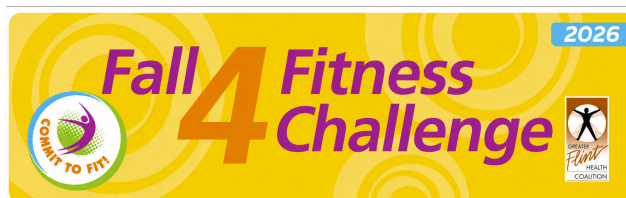
Friday Classes

Class Name	Location	Time	Notes
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 9/11 only	Greater Flint Arts Council 816 S. Saginaw St. Flint, MI 48502	6:00 – 9:00pm	

Saturday Classes

Mindfulness Walk 9/19 only	Applewood – Ruth Mott Foundation 1400 E. Kearsley St. Flint, MI 48503	11:30am – 12:30pm	
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Commit to Fit will be hosting the 16th annual Fall 4 Fitness Challenge October 5th – November 1st!



- This is a one-month physical activity challenge that encourages employees to represent their organizations by being physically active.
- Open to all area businesses, organizations, and community groups interested in bringing wellness to the workplace and competing with other organizations.
- See back page for flyer and how to register for the challenge.



SEPTEMBER 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

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



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

Yoga in the Park (Chevy Commons)

Come join our FREE yoga in the park this summer! Every Tuesday night through September, Chevy Commons will host a yoga class. What better way to de-stress and practice mindfulness than yoga surrounded by nature! Yoga mats will be provided for the duration of the program while supplies last.

For all ages and abilities.

For-Mar Nature Preserve & Arboretum

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



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



2026



Fall 4 Fitness Challenge



OCTOBER 5 – NOVEMBER 1, 2026

Challenge Overview: Gather your Team!

The Greater Flint Health Coalition presents the 2026 Commit to Fit 4 Fitness Challenge, a one-month physical activity challenge designed to increase physical activity and promote wellness in Genesee County through “healthy” competition between businesses and organizations. This year, participants can choose to track activity minutes, or take advantage of automatic step tracking through the StepUp app!



Challenge Goal

- Each team member reaches **250 minutes** of exercise per week. (Roughly 36 minutes per day).

OR

Approximately
8,000 steps per day



StepUp Automatic Tracking Option

- Connect the free StepUp app to your fitness device to track steps automatically.
- No weekly submission is needed!



How it Works

- Minutes or steps are tracked once per week.
 - Week 1: Oct 5–11
 - Week 2: Oct 12–18
 - Week 3: Oct 19–25
 - Week 4: Oct 26–Nov 1
- Not using StepUp? Submit steps or minutes through the emailed tracking link.
- Weekly activity is due each Tuesday by 12:00 p.m.



Challenge Divisions

- Teams will compete in divisions based on the number of participants.
- Small: 5 - 10 employees**
- Medium: 11 - 20 employees**
- Large: 21 - 30 employees**

****The maximum amount per team is 30 participants.
*If over 30 employees, create multiple medium or large teams within your business or organization.***



Step Conversion 225 steps = 1 Challenge Minute

No math needed! Commit to Fit automatically converts your steps to Challenge Minutes.

Registration - One Team Leader per Business or Organization



Register Team



Submit Team Roster



Team Members Receive Instructions

One person serves as the main point of contact. Once registered, you will receive more information.

Click the link or scan the QR code.



CLICK HERE TO REGISTER

Individual Prizes



Meet the weekly goal of 250 minutes to be entered into the weekly prize drawing.

Organizational Prizes



The top 3 teams in each division will win cash prizes for workplace health and wellness supplies.

Questions? Email commit2fit@flint.org or call 810-232-2228.