

November 2026 Free Fitness Class Schedule



Monday Classes

Please Note: There are no classes on Thanksgiving day.

Class Name	Location	Time	Notes
Power Spin	Henry Ford Genesys Health Club 801 Health Park Blvd, Grand Blanc Twp., MI	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

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 Pasadena and Grand	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

Strength & Balance by Ivy Rehab Physical Therapy	Loose Senior Center 707 N Bridge St, Linden, MI 48451	11:00am	
Storytime Yoga	Flint Public Library 1026 E. Kearsley St. Flint, MI 48503	5:30 - 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	
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
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	9:00 – 10:00am	#NAME?
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 48426	1:00 – 2:00pm	- Studio #2/Mind & Body
Flint Art Walk <i>11/13 only</i>	Greater Flint Arts Council 816 S. Saginaw St. Flint, MI 48502	6:00 – 9:00pm	

Saturday Classes

Yoga with Black Amor	Flint Public Library 1026 E. Kearsley St. Flint, MI 48503	10:00 - 11:00am	
Fall Tree Hike <i>11/7 only</i>	Mott Park 2401 Nolen Dr, Flint, MI 48504	10:00 - 11:30am	
History Walk <i>11/14 only</i>	Chevy Commons 301 S Chevrolet Ave, Flint, MI 48503	11:30am – 12:30pm	



NOVEMBER 2026 FITNESS CLASS CALENDAR

CLASS DESCRIPTIONS & LOCATIONS



Commit to Fit

Commit to Fit, a program of the Greater Flint Health Coalition, provides nutrition, physical activity, and healthy food access programming throughout Flint and Genesee County. Have a free exercise or fitness program you'd like promoted?

Email commit2fit@flint.org.



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

Fall Hike

How many trees can we identify at Mott Park? Let's find out! We will go on a hike around the park and learn how to identify trees based on leaves and bark! Walk-ins are welcome.

History Walk at Chevy Commons

Join us as we walk through Chevy Commons and discuss the past, present, and future of the park.

Genesee County Parks

25045 E Stanley Rd,
Flint, MI 48506
810-736-7100



Flint Public Library

Storytime Yoga

Miss Marcia weaves yoga, movement, breath, and stories. Children will build positive body awareness, mindfulness and self-regulation while enjoying wonderful stories.

Yoga with Black Armor

Join us for a transformative weekly yoga class, designed to cultivate self-care, strength, and holistic health that will care for both body and mind. All levels welcome (Ages 18+)

Flint Public Library

1026 E. Kearsley St.
Flint, MI 48503
810-233-3835



Questions? Contact commit2fit@flint.org