

October 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

Wednesday Classes

Class Name	Location	Time	Notes
Aqua Zumba	Insight Health & Fitness 4400 Saginaw St, Flint, MI 48507	9:00 – 10:00am	
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	
Childrens Storytime Yoga 10/21 & 10/28 only	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 5150 Calkins Rd, Flint, MI 48532	11:30am	- Kosher & Asian Indian lunch from 12:00 -1:00pm
Walking Garden Tour 10/8 & 10/22 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
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Friday Classes

Class Name	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 Genesys Health Club 801 Health Park Blvd, Grand Blanc Twp., MI 48439	1:00 – 2:00pm	- Studio #2/Mind & Body
The FUN in Fungi Hike with Genesee County Parks	Mott Park 2401 Nolen Dr, Flint, MI 48502	5:00 - 6:30pm	
Flint Art Walk <i>10/9 only</i>	Greater Flint Arts Council 816 S. Saginaw St, Flint, MI 48502	6:00 – 9:00pm	

Saturday Classes

Invasive Species & Prevention Hike with Genesee County Parks <i>10/10 only</i>	Mott Park 2401 Nolen Dr, Flint, MI 48502	2:00 - 3:30pm	
Mindfulness Walk <i>10/17 only</i>	Applewood – Ruth Mott Foundation 1400 E. Kearsley St, Flint, MI 48503	11:30am – 12:30pm	
Bird Migration Hike with Genesee County Parks <i>10/17only</i>	Chevy Commons 301 S Chevrolet Ave, Flint, MI 48503	9:00 - 10:30am	- Meet in the parking lot



OCTOBER 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

Invasive Species and Prevention Hike (Mott Park)

Learn all about the non-native species that are taking over our ecosystem (and how we can prevent them). *Recommended for ages 7 and up. For all abilities.*

The FUN in Fungi Hike (Mott Park)

Explore the world of nature's recyclers! Learn all about fungi with hands-on games, scavenger hunts, and activities! For all ages and abilities

Bird Migration Hike (Chevy Commons)

Join us as we go on a hike to learn about the birds migrating through our state right now! Binoculars will be provided for the duration of the hike. For all ages and abilities. Meet in the parking lot.

Genesee County Parks

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



Applewood - Ruth Mott Foundation

Guided Garden Tour Walk

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.

Mindfulness Walk: Our Five Senses

Join us for a mindfulness walk that will take visitors to various scenic locations throughout the orchard, gardens, and grounds. This will be a grounding walk incorporating all five human senses.

Applewood - Ruth Mott Foundation

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



Questions? Contact commit2fit@flint.org