<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Power Spin</strong>&lt;br&gt;Ascension Genesys Athletic Club 8:00-8.45am</td>
<td><strong>Arthritis Foundation Exercise Program</strong>&lt;br&gt;Burton Senior Center 9:00-10:00am</td>
<td><strong>Aqua Zumba</strong>&lt;br&gt;Insight Health and Fitness 8:15-9.15am</td>
<td><strong>Arthritis Foundation Exercise Program</strong>&lt;br&gt;Burton Senior Center 9:00-10:00am</td>
<td><strong>Arthritis Foundation Exercise Program</strong>&lt;br&gt;Eastside Senior Center 9:30-10:30am</td>
</tr>
<tr>
<td><strong>Commit to Fit Walk with Ease</strong>&lt;br&gt;Max Brandon Park - Pavilion #1 9:00-10:00am</td>
<td><strong>Arthritis Foundation Exercise Program</strong>&lt;br&gt;Loose Senior Center 9:30-10:30am</td>
<td><strong>Commit to Fit Walk with Ease</strong>&lt;br&gt;Max Brandon Park - Pavilion #1 9:00-10:00am</td>
<td><strong>Commit to Fit Tai Chi</strong>&lt;br&gt;Max Brandon Park - Pavilion #1 9:00-10:00am</td>
<td><strong>Arthritis Foundation Exercise Program</strong>&lt;br&gt;Swartz Creek Senior Center 11:00am - 12:00pm</td>
</tr>
<tr>
<td><strong>Exercise with VAAA</strong>&lt;br&gt;Davison Senior Center 9:15-9.45am</td>
<td><strong>Arthritis Foundation Exercise Program</strong>&lt;br&gt;Grand Blanc Senior Center 10:00-11:00am</td>
<td><strong>Arthritis Foundation Exercise Program</strong>&lt;br&gt;Hasselbring Senior Center 9:00-10:00am</td>
<td><strong>Sensational Senior Fitness</strong>&lt;br&gt;Berston Field House 10:00-11:00am</td>
<td><strong>Arthritis Foundation Exercise Program</strong>&lt;br&gt;Ascension Genesys Health Club 11:45am</td>
</tr>
<tr>
<td><strong>Ladies Stay Fit</strong>&lt;br&gt;First Baptist Church of Davison 10:00-11:00am</td>
<td><strong>Sensational Senior Fitness</strong>&lt;br&gt;Berston Field House 10:00-11:00am</td>
<td><strong>Tai Chi for Fall Prevention</strong>&lt;br&gt;Eastside Senior Center 10:00-11:00am</td>
<td><strong>Arthritis Foundation Exercise Program</strong>&lt;br&gt;Grand Blanc Senior Center 10:00-11:00am</td>
<td><strong>Tai Chi</strong>&lt;br&gt;Davison Senior Center 1:30-3:30pm</td>
</tr>
<tr>
<td><strong>Sensational Senior Fitness</strong>&lt;br&gt;Berston Field House 10:00-11:00am</td>
<td><strong>Arthritis Foundation Exercise Program</strong>&lt;br&gt;Grand Blanc Senior Center 2:00pm</td>
<td><strong>Arthritis Foundation Exercise Program</strong>&lt;br&gt;Forrest Twp. Senior Center 10:00am</td>
<td><strong>Arthritis Foundation Exercise Program</strong>&lt;br&gt;Loose Senior Center 11:00am</td>
<td></td>
</tr>
<tr>
<td><strong>Power Spin</strong>&lt;br&gt;Ascension Genesys Athletic Club 8:00-8.45am</td>
<td><strong>Yoga</strong>&lt;br&gt;West Court St. Church of God 5:00pm (must arrive by 4:50pm)</td>
<td><strong>Arthritis Foundation Exercise Program</strong>&lt;br&gt;Brennan Senior Center 11:00am</td>
<td><strong>Yoga</strong>&lt;br&gt;Berston Field House 1:00-2:00pm</td>
<td></td>
</tr>
<tr>
<td><strong>Commit to Fit Walk with Ease</strong>&lt;br&gt;Max Brandon Park - Pavilion #1 9:00-10:00am</td>
<td><strong>Yoga in Nature</strong>&lt;br&gt;For-Mar Nature Preserve &amp; Arboretum 6:00-7:00pm</td>
<td><strong>Senior Line Dancing</strong>&lt;br&gt;Berston Field House 11:00am-1:00pm</td>
<td><strong>Yoga</strong>&lt;br&gt;West Court St. Church of God 5:00pm (must arrive by 4:50pm)</td>
<td></td>
</tr>
<tr>
<td><strong>Exercise with VAAA</strong>&lt;br&gt;Davison Senior Center 9:15-9.45am</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Ladies Stay Fit</strong>&lt;br&gt;First Baptist Church of Davison 10:00-11:00am</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Sensational Senior Fitness</strong>&lt;br&gt;Berston Field House 10:00-11:00am</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Time</td>
<td>Event</td>
<td>Location</td>
<td></td>
<td></td>
</tr>
<tr>
<td>--------------</td>
<td>----------------------------------------------------------------------</td>
<td>----------------------------------------------</td>
<td></td>
<td></td>
</tr>
<tr>
<td>8:00-10:00am</td>
<td>Power Spin</td>
<td>Ascension Genesys Health Club</td>
<td></td>
<td></td>
</tr>
<tr>
<td>9:00-10:00am</td>
<td>Commit to Fit Walk with Ease</td>
<td>Max Brandon Park - Pavilion #1</td>
<td></td>
<td></td>
</tr>
<tr>
<td>9:00-10:00am</td>
<td>Exercise with VAAA</td>
<td>Davison Senior Center</td>
<td></td>
<td></td>
</tr>
<tr>
<td>10:00-11:00am</td>
<td>Sensational Senior Fitness</td>
<td>Berston Field House</td>
<td></td>
<td></td>
</tr>
<tr>
<td>10:00-11:00am</td>
<td>Ladies Stay Fit</td>
<td>First Baptist Church of Davison</td>
<td></td>
<td></td>
</tr>
<tr>
<td>8:00-8:45am</td>
<td>Aqua Zumba</td>
<td>Insight Health and Fitness</td>
<td></td>
<td></td>
</tr>
<tr>
<td>11:00am - 12:00pm</td>
<td>Arthritis Foundation Exercise Program</td>
<td>Burton Senior Center</td>
<td></td>
<td></td>
</tr>
<tr>
<td>1:00-2:00pm</td>
<td>Yoga</td>
<td>Berston Field House</td>
<td></td>
<td></td>
</tr>
<tr>
<td>2:00pm</td>
<td>Yoga in Nature</td>
<td>For-Mar Nature Preserve &amp; Arboretum</td>
<td></td>
<td></td>
</tr>
<tr>
<td>9:00-10:00am</td>
<td>Arthritis Foundation Exercise Program</td>
<td>Burton Senior Center</td>
<td></td>
<td></td>
</tr>
<tr>
<td>9:00-10:00am</td>
<td>Commit to Fit Tai Chi</td>
<td>Max Brandon Park - Pavilion #1</td>
<td></td>
<td></td>
</tr>
<tr>
<td>9:00-10:00am</td>
<td>Sensational Senior Fitness</td>
<td>Berston Field House</td>
<td></td>
<td></td>
</tr>
<tr>
<td>11:00am - 12:00pm</td>
<td>Arthritis Foundation Exercise Program</td>
<td>Ascension Genesys Health Club</td>
<td></td>
<td></td>
</tr>
<tr>
<td>12:00pm - 1:00pm</td>
<td>Crim Family Yoga on the Lawn</td>
<td>Gloria Coles Flint Public Library</td>
<td></td>
<td></td>
</tr>
<tr>
<td>1:00-2:00pm</td>
<td>Yoga</td>
<td>Berston Field House</td>
<td></td>
<td></td>
</tr>
<tr>
<td>2:00pm</td>
<td>Yoga in Nature</td>
<td>For-Mar Nature Preserve &amp; Arboretum</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

For more information, please visit the respective locations' websites or contact them directly.
Commit to Fit
Walk with Ease: The Arthritis Foundation’s six week Walk With Ease program can teach you how to safely make physical activity part of your everyday life. This gentle walking program is designed for ALL levels.
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
Ascension 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 Foundation 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.
Ascension 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.
Berston Field House
3300 N. Saginaw Street
Flint, MI 48505
216 - 386 - 6722
Genesee County Parks
Yoga in Nature
This yoga series offers a variety of classes from slow pace yoga to help you unwind after a long day, to a heart-pumping flow to help you stay fit. Yoga mats are provided. Will be held 100% outdoors, weather permitting. For teens and adults of all abilities.
For-Mar Nature Preserve & Arboretum
2142 N Genesee Rd,
Burton, MI 48509
810-736-7100
West Court Street Church of God
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.
Brennan Senior Center
1301 Pingree Ave, Flint, MI 48503
Burton Senior Center
3410 S Grand Traverse St. Burton, MI 48529
East Side Senior Center
3065 N Genesee Rd, Flint, MI 48506
Forest Twp. Senior Center
130 E Main St suite a, Otisville, MI 48463
Grand Blanc Senior Center
12632 Pagels Dr. Grand Blanc, MI 48439
Hasselbring Senior Center
1002 W Home Ave, Flint, MI 48505
Loose Senior Center
707 N Bridge St. Linden, MI 48451
Swartz Creek Senior Center
8095 Civic Dr #2, Swartz Creek, MI 48473
Exercise with Valley Area Agency on Aging (VAAA)
This exercise class will help you keep joint flexible & muscles strong, sleep better, increase energy & improve your overall outlook!
Crim Fitness Foundation
Family Yoga on the Lawn
Bring your yoga mat and water bottle and join the community for a fulfilling, safe-enough experience that will leave you feeling refreshed and revitalized! To ensure a smooth start, kindly arrive 10 minutes early for parking, as the class begins promptly at 1pm.
Register at https://crim.org/mindfulness/events/
Crim Fitness Foundation
452 S. Saginaw St.
Flint, MI 48502
810-235-3396
Questions? Contact commit2fit@flint.org
Join Commit to Fit and other community organizations all week long for FREE fitness classes!
To register for a class call 810-232-2228.

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td>Power Spin Ascension Genesys Health Club 8:00-8:45 a.m.</td>
<td>Commit to Fit Trail Walk Krapohl Senior Center 10:00 - 11:00 a.m.</td>
<td>Aqua Zumba Insight Health &amp; Fitness Center 8:15 -9:15 a.m.</td>
<td>Walk to Wellness Kick Off Max Brandon Park 9:00-10:00 a.m.</td>
<td>Commit to Fit Trail Walk Mundy Twp. Park 10:30-11:30 a.m.</td>
</tr>
<tr>
<td>Commit to Fit Walk with Ease Max Brandon Park 9:00-10:00 a.m.</td>
<td>Commit to Fit Chair Bingo Oak Street Health (Pierson Rd.) 2:00 - 3:00 p.m.</td>
<td>Commit to Fit Walk with Ease Max Brandon Park 9:00-10:00 a.m.</td>
<td>Crim Family Yoga On The Lawn Flint Public Library 1:00 - 2:00 p.m.</td>
<td>Arthritis Foundation Exercise Program Ascension Genesys Health Club 11:45 a.m.</td>
</tr>
<tr>
<td>Commit to Fit Family Fitness For-Mar Nature Preserve 5:30-6:30 p.m.</td>
<td>Commit to Fit Chair Bingo Hasselbring Senior Center 11:00-11:45 a.m.</td>
<td>Commit to Fit Chair Bingo Swartz Creek Senior Center 2:00 - 3:00 p.m.</td>
<td>Commit to Fit Trail Walk Stepping Stone Falls 5:30-6:30 p.m.</td>
<td>Crim Community Yoga Ballenger Park 10:30 a.m.</td>
</tr>
</tbody>
</table>

Thank you community partners!
Ascension 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. Indoor cycling shoes are completely optional.

Arthritis Foundation 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.

Location: 801 Health Park Blvd. Grand Blanc, MI 48439
810-606-7300

Crim Fitness Foundation
Family Yoga On The Lawn & Community Yoga:
Bring a yoga mat and water bottle and join the community for a fulfilling, safe-enough experience that will leave you feeling refreshed and revitalized! To ensure a smooth start, kindly arrive 10 minutes early for parking, as the class begins promptly. Register at https://crim.org/mindfulness/events/

Insight Health & Fitness Center
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.

Location: 4500 Saginaw St, Flint, MI 48507
810-893-8469

Commit to Fit Physical Activity Opportunities

Walk with Ease:
The Arthritis Foundation’s six week Walk With Ease program can teach you how to safely make physical activity part of your everyday life. This gentle walk is designed for ALL levels.

Location: Max Brandon Park (3606 Dupont St, Flint, MI)

Family Fitness Night:
Join Commit to Fit for a variety of fun fitness exercise for the whole family! Ages 4-10. Children will receive a free movement book!

Location: For Mar Nautre Preserve - 2142 N Genesee Rd, Burton, MI 48509

Trail Walk:
Explore new walking trails throughout Genesee County with gentle walking. All walking levels are welcome. See the schedule for each location.

Chair Exercise Bingo
This fitness game features seated stretches and simple movements that must be completed in order to mark your game card. See the schedule for each location.

Commit to Fit Walk to Wellness Challenge
July 1st - 31st
This challenge is simple, walk on a regular basis, track your steps averaging at least 8,000/day during the challenge and be entered to win great prizes! To register for the challenge visit (TBD).

Join Commit to Fit and Molina Healthcare for a kick off walk at Max Brandon Park on Thursday, June 27th at 9:00am.