

FREE! Commit to Fit! Class Schedule

Commit to Fit offers fitness classes and healthy cooking demonstrations at **no cost** to all individuals who live or work in Flint and Genesee County. Depending on the facility, participants may be asked to complete a brief registration form prior to attending a class. Class sizes are limited and are on a "first-come, first-served" basis. See back side for details.

JUNE 2015 CALENDAR



JUNE 2015	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 Senior Stretch YMCA - Downtown Flint 9:00am	2 Enhance Fitness Flint Farmers' Market 10:00 a.m. Healthy Cooking Demonstration Flint Farmers' Market 12:00 p.m. Enhance Fitness Carriage Town Ministries 2:30 p.m.	3 Zumba Gold (Beginner) GAC 5:30 p.m.	4 Enhance Fitness Flint Farmers' Market 10:00 a.m. Basic Yoga IHFC 6:45 p.m. Walking Club McKinley Park 6:30 p.m.	5 Body PHIT UM-Flint Rec 5:30 p.m.	6 Fit Club at the Local 10:00 a.m. Healthy Cooking Demonstration Flint Farmers' Market 12:00 p.m. Walking Club Max Brandon Park 11:00 a.m.
	8 Senior Stretch YMCA - Downtown Flint 9:00am	9 Enhance Fitness Flint Farmers' Market 10:00 a.m. Healthy Cooking Demonstration* Flint Farmers' Market 12:00 p.m. Enhance Fitness Carriage Town Ministries 2:30 p.m.	10 Zumba Gold (Beginner) GAC 5:30 p.m.	11 Enhance Fitness Flint Farmers' Market 10:00 a.m. Basic Yoga IHFC 6:45 p.m. Walking Club McKinley Park 6:30 p.m.	12 Body PHIT UM-Flint Rec 5:30 p.m.	13 Fit Club at the Local 10:00 a.m. Walking Club Max Brandon Park 11:00 a.m.
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Class Descriptions & Locations

Basic Yoga (1 hour) - This class is a balanced flow of postures designed to build stamina, strength, and flexibility while promoting weight loss and general stress relief.

Insight Health & Fitness Center (IHFC)

Formerly Hurley Health & Fitness Center

4500 S. Saginaw St

Flint, MI 48507

(810) 893-6489



Healthy Cooking Demonstration (30 minutes) - Learn how to cook a simple, healthy dish by a vendor at the Market and try a sample after!

Flint Farmers' Market

300 E. First St

Flint, MI 48502

(810) 232-1399



Enhance Fitness (1 hour) – A fun, energizing class geared toward improving overall functioning and well-being. Improve your cardiovascular fitness, strength, flexibility and balance!

Carriage Town Ministries

605 Garland Avenue

Flint, MI 48503

(810) 233-8787



Zumba Gold (1 hour) - A less intense version of the classic Zumba. This class offers fun music to keep the excitement high while keeping the impact low.

Genesys Athletic Club (GAC)

801 Health Park Blvd

Grand Blanc, MI 48439

(810) 606-7300



Body PHIT – (1 hour) -The best of fitness is fused into an exhilarating boot camp that uses BOSU balls, resistance bands, blocks, and Pilates/yoga mat work to blast your traditional body weight sessions out of the box. You will gain strength, endurance, and flexibility. Manage your weight and look better. You will sweat, train tough, play rough, and HIT it! Join PHIT!

University of Michigan-Flint Recreation Center (UM-Flint Rec)

401 Mill Street (for mapping)

303 E. Kearsley

Flint, MI 48502

(810) 762-3441



BUSINESS & FINANCE
RECREATION CENTER

Walking Club (1 hour) It's time to walk toward a healthier you! No matter your age or ability, it's easy to commit to meeting us for one hour a week for some lively conversation, a walk in the park, and prizes!

Max Brandon Park, Pavilion 2

3606 Dupont Street

Flint, MI 48505

McKinley Park

2999 Orville St.

Flint, MI 48503



Senior Stretch (1 hour) - This class will help improve overall strength and flexibility. The class is led by a certified senior fitness instructor who will guide you through the exercises at your own pace. This class is perfect for all ability levels.

YMCA Downtown Flint

411 E. 3rd Street

Flint, MI 48503

(810) 232-9622



Fit Club Workouts (45 minutes) – Join the Fit Club every Saturday at 10am for fun boot camp style workout videos. All ages are encouraged to attend! Check out their [Facebook](#) page for up-to-date information!

The Flint Local 432

124 W. 1st Street

Flint, MI 48503

(810) 813-4000



Questions?

Email

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