

FREE! Commit to Fit! Class Schedule

Commit to Fit offers fitness classes at **no cost** to all individuals who live or work in Flint and Genesee County. Fitness Centers require participants to be age 18 and older, other locations are open to all ages. See back side for details.

Click HERE to Access the Nutrition Education & Resources Calendar

OCTOBER 2016 CALENDAR

OCTOBER 2016	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	³ Enhance Fitness Hasselbring Senior Center 9:00 a.m. Senior Stretch YMCA Downtown 10:00 a.m. Enhance Fitness Triumph/North Star(MBC) 6-7pm	⁴ Enhance Fitness Flint Farmers' Market 10:00 a.m. Enhance Fitness Faith United Methodist Church 12:30-1:30pm Fit Club at the Local 5:30 p.m.	⁵ Enhance Fitness Hasselbring Senior Center 9:00 a.m. Zumba Gold (Beginner) GAC 5:30 p.m.	⁶ Enhance Fitness Flint Farmers' Market 10:00 a.m. Enhance Fitness Faith United Methodist Church 12:30-1:30pm Enhance Fitness Triumph/North Star (MBC) 5:30-6:30pm Basic Yoga IHFC 6:45 p.m.	⁷ Enhance Fitness Hasselbring Senior Center 9:00 a.m.	⁸ Yoga in the Gardens of Applewood Estates 11:00am-12:00pm Applewood Estates
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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



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



Fit Club Workouts (45 minutes) – Join the Fit Club every Tuesday at 5:30 pm 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

Yoga in the Gardens of Applewood Estates

11:00am-12:00pm

Introductory Family yoga session meant for adults and children! Mats provided, no equipment needed. Appropriate for all ages. Build strength, flexibility and mindfulness! Free event! Applewood Estate, 1400 E. Kearsley
October 1st and 8th 11:00am-12:00pm



Fall 4 Fitness Challenge starts October 1st and runs through October 31st!! Organizations who have the highest levels of participation and average minutes of physical activity will receive trophies and additional raffle chances per person for cash prize drawings. For individuals who reach the challenge goal of 1,000 minutes of physical activity, incentives will include

\$2,000 in cash prizes, wearable fitness devices, memberships to local fitness centers, gift certificates, and more!



**Questions?
Email
commit2fit@flint.org**

Yogalates Barres & Balls – A well rounded class for all levels that combines the elements of Yoga, Pilates, Ballet, strength, and cardiovascular conditioning.

Friday's 5:30-6:30pm in ADR.

September 16-December 16, 2016.

Aquafitness- An invigorating water workout. Ideal for all fitness levels. No swimming required



BUSINESS & FINANCE

RECREATION CENTER

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

TIMES & LOCATIONS:

Hasselbring Senior Center

1002 Home Ave. Flint, MI 48504
(810) 766-7128 Mon, Weds, & Fri 9-10 am



Carriage Town Ministries 605 Garland St Flint, MI
Tuesday 2:39-3:30 pm

Faith United Methodist Church

2266 Coldwater Rd Flint, MI
Tuesdays and Thursdays
12:30-1:30 pm



Triumph/North Star (MBC) 1657 Broadway Blvd Flint, MI
Mondays- 6:00-7:00pm &
Thursdays 5:30-6:30 pm

Flint Farmers' Market- Tuesdays &

Thursdays 10:00-11:00 am
300 E. First St Flint, MI 48502
(810) 232-1399

Active, Naturally

For-Mar Nature Preserve and Arboretum

Getting active is fun! This one hour, once a month program focuses on health and nutrition, gardening, and nature found in our parks. Let's get moving and stay active!

For seniors, all abilities.

Time: 9-10:30am. Cost: FREE!

Pre-registration
required by 10/27/16.



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

