



START WHERE YOU ARE
USE WHAT YOU HAVE
DO WHAT YOU CAN

Engaging Wellness classes are designed specifically for older adults. Community partners throughout West Michigan are dedicated to helping older adults stay active and independent. Please note that schedules and Covid precautions are subject to change.

EnhanceFitness classes:

- Are safe and effective for older adults
- Drop ins are welcome
- Focus on
 - Strength
 - Flexibility
 - Falls prevention
 - Endurance
 - Fun



A Program of the Area Agency on Aging of Western Michigan



Designed for
Older Adults



In Person & Online
Classes



Community-
Centered



Certified Instructors
& Coaches



Where Available

KENT COUNTY



50 years
serving area seniors since 1972

www.seniorneighbors.org

SENIOR NEIGHBORS 616-233-0283

Alpine Baptist
Church
692 7 Mile Rd.
Comstock Park
M/W/F
11:00a –12:00p

Join us in the gym at
the church, using the
western entrance to the
building!

Wear comfortable
clothes, good shoes
and bring water!

Journey Church
9185 Cherry Valley Ave.
Caledonia
Tues/Thurs
11:00a –12:00p

Join us in the common
area at the church,
using entrance east of
the office.

Wear comfortable
clothes, good shoes
and bring water!

Cedar Springs
Public Library
107 N Main St.
Cedar Springs
Mon/Thurs
10:30a –11:30a

Join us in the program
area- use the main
entrance!

Wear comfortable
clothes, good shoes
and bring water!

Grandville Senior
Neighbors Center
3380 Division
Grandville
M/W/F
9:30a-10:30a (M/W/F)
Or
10:45a-11:45a (M/W)

Lunch is available for a
donation after class!

Wear comfortable
clothes, good shoes
and bring water!

North Kent
Presbyterian
6175 Kuttshill Dr, NE
Rockford
M/W/F
9:15a –10:15a

Join us in fellowship
room- use the west side
entrance!

Wear comfortable
clothes, good shoes
and bring water!

Westview CRC
2929 Leonard NW
Grand Rapids
W/F
9:30a –10:30a

Join us in the lower
level- use the northern
entrance!

Wear comfortable
clothes, good shoes
and bring water!

COMMUNITIES FOR AGING STRONG

Area Agency on Aging of Western Michigan | Grand Rapids
Community College | Ionia County Commission on Aging
Ludington Senior Center | Mecosta County Commission on Aging
The Salvation Army | Senior Neighbors
St. Ann's Senior Services



Kent County
Senior Millage