



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

**2024 Incentive: The first 100
participants attending 20 classes
will receive a free t-shirt!**

EnhanceFitness classes:

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



**Designed for
Older Adults**



**In Person & Online
Classes**



**Community-
Centered**



**Certified Instructors
& Coaches**



Where Available

KENT COUNTY



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
M/W/F
M: 9:00-10:00
W/F: 9:30a –10:30a

Use the southern covered 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