



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

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