

Fitness After Fifty - FREE Classes at the Commission on Aging & Senior Center



Clogging *It's not with wooden shoes!*

Judy Morford is facilitating **FREE** clogging classes at the Senior Center for both men and women. Clogging is an American folk dance that is similar to tap dancing but it is more fun and easier to learn. No dance experience is needed to attend these dance classes, just come as you are!

When: Every Monday 1:30pm
Beginning Clogging 12:30pm



Golden Toners

Facilitated by Mel Moore

See improvement in balance, reduction in falls, increased flexibility and muscle strength. You are never too old to exercise! Exercises can be done standing or sitting in a chair, depending on your fitness and mobility level. **FREE** class open to both men and women.

When: Every Thursday @11am



Line Dancing

Facilitated by Ann Doty

Come one, come all, everyone is invited to attend Line Dancing. No experience needed. This is a **FREE** class for both men and women.

When: Every Wednesday at 10am



Zumba Gold Fitness

Facilitated by Judy Morford,
Licensed Instructor

A fun and exciting fitness program done with Latin music and designed for the older adult at any fitness level. The Zumba Program strives to improve balance, strength, flexibility, and most important, the heart. You can even participate sitting in a chair. Bring comfortable "no traction" shoes and a water bottle. This is a **FREE** class open to both men and women.

When: Every Tuesday at 10am

Exercise and Wellness Class

Mercy Hospital Grayling Rehabilitation Services will be providing a one hour exercise and wellness program to the Senior Center each Friday at 10am. Light to moderate exercises will include stretching, general strengthening, and fun games to support a healthy, active lifestyle. The class will be facilitated by Jessie Schutte and Nicole Filter, MS who are both Registered and Licensed Occupational Therapists.

When: Every Friday @ 10am



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