

## What is EnhanceFitness?

**Enhance Fitness (EF)** is a fitness program geared toward improving the overall functional fitness and well-being of primarily older adults (all adults welcome). A certified fitness instructor leads classes three times a week, providing social stimulation as well as physical benefits. Classes focus on cardiovascular conditioning, strength training, flexibility and balance training.

## What's in it for you?

- Increased Strength
- Boost in Activity Level
- Improved Mood
- FUN!!!!

## Qualifications

- Loose fitting clothing
- Comfortable shoes or sneakers
- Your smile!!!

For more information call  
1-800-482-1455 or visit [www.nkfm.org](http://www.nkfm.org)

Find us @KidneyMI on



National **Kidney** Foundation™  
of Michigan



**WANT TO BECOME FIT AND HAVE  
A LOT OF FUN?**

Start with  
**ENHANCE FITNESS!!!!**

**EXERCISE CLASSES  
WITH YOU IN MIND**



National **Kidney** Foundation™  
of Michigan

## Current Southeast Michigan Locations

### **METRO DETROIT**

#### **Beech Woods Recreation Center (Free)**

22200 Beech Road  
Southfield, MI 48034  
248-796-4620

M, T, Th 10:00am - 11:00am  
T, Th 5:45pm - 6:45pm

#### **BRIGHTMOOR COMMUNITY CENTER (Free)**

14451 Burt Rd  
Detroit, MI 48223  
313-531-0305

M, W, F 10:30am - 11:30am

#### **DOZIER RECREATION COMPLEX (Free)**

2025 Middlebelt  
Inkster, MI 48141  
313-561-2382

M, W 10:30am - 11:30am  
11:45am - 12:45pm  
5:30pm-6:30pm  
T 1:30pm-2:30pm

#### **ECORSE SENIOR CENTER (Free)**

4072 W Jefferson Ave  
Ecorse, MI 48229  
313-382-3305

Th 1:00pm - 2:00pm

#### **CONNER CREEK (Free)**

4777 E. Outer Dr (old Holy Cross Hospital)  
Detroit, MI 48234  
313-369-9100

T, Th, Fri 10:00am- 11:00am

#### **PEARL WRIGHT SENIOR CENTER (Donation)**

21131 Garden Lane  
2nd Floor Grant School  
Ferndale, MI 48220  
248-547-9800

M, T, Th 9:00am - 10:00am

#### **ROBERTO CLEMENTE RECREATION CENTER (Free)**

2631 Bagley St  
Detroit, MI 48216  
313-224-0228

W, Th 6:30pm - 7:30pm

#### **Go GETTERS (Free)**

2640 W. Vernor  
Detroit, MI. 48216  
313-961-0677

T, Th. 10:45am - 11:45am  
\*Closed site-call prior to attending

#### **AMERICAN INDIAN SERVICES, INC. (FREE)**

1110 Southfield Rd.  
Lincoln, Park, MI 48146  
313-388-4100

T, Th 11:30a-12:30pm  
\*Closed site-call prior to attending

### **WASHTENAW AREA**

#### **CHELSEA SENIOR CITIZENS ACTIVITIES CENTER (\$)**

512 Washington St  
Chelsea, MI 48118  
734-475-9242

M, W, F 10:30am - 11:30am

#### **MILAN SENIORS FOR HEALTHY LIVING (\$)**

45 Neckel Ct  
Milan, MI 48160  
734-508-6229

M, T, Th 10:00am - 11:00am

#### **TURNER SENIOR RESOURCE CENTER (Donation)**

2401 Plymouth Rd  
Ann Arbor, MI 48105  
734-998-9353

M, W, F 1:00pm - 2:00pm

#### **YPSILANTI TWP RECREATION DEPT (Donation)**

2025 E Clark Rd  
Ypsilanti, MI 48198  
734-544-3838

M, W, F 10:30am - 11:30am

#### **ST. JOSEPH PARISH (Donation)**

830 S. Lafayette  
South Lyon, MI. 48178  
248-446-8700

T, F 10:00am - 11:00am

### **MACOMB COUNTY**

#### **JERMAINE JACKSON COMMUNITY CENTER (FREE)**

58 Orchard  
Mt.Clemens, Mi 48043  
586-630-0252

T 6:00 pm  
11:30 am

### **LIVINGSTON COUNTY**

#### **HOWELL FIRST UNITED METHODIST CHURCH (Donation)**

1230 Bower St,  
Howell, MI. 48843  
517-546-2730

W, F 9:15am - 10:15am

#### **ST. PATRICK CATHOLIC CHURCH (Donation)**

711 Rickett  
Brighton, MI. 48116  
810-229-9863

M, W 9:15am - 10:15am  
(beginning October 2, 2013)

#### **HARTLAND SENIOR CENTER (Donation)**

9525 Highland Rd  
Howell, MI. 48843  
810-626-2135

M, W 9am - 10am