

FREE! Commit to Fit! Class Schedule

Commit to Fit offers fitness classes and healthy cooking demonstrations at **no cost** to all individuals who live or work in Flint and Genesee County. Depending on the facility, participants may be asked to complete a brief registration form prior to attending a class. Class sizes are limited and are on a “first-come, first-served” basis. Fitness Centers require participants to be age 18 and older, other locations are open to all ages. See back side for details.

OCTOBER 2015 CALENDAR



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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 Enhance Fitness Flint Farmers' Market 10:00 a.m. Basic Yoga IHFC 6:45 p.m.	2 Enhance Fitness Hasselbring Senior Center 9:00 a.m. Zumba Toning UM-Flint Rec 5:30 p.m.	3 Healthy Cooking Demonstration Flint Farmers' Market 12:00 p.m.
5 Senior Stretch YMCA - Downtown Flint 10:00am Aqua Fitness UM-Flint Rec 5:30 p.m.	6 Enhance Fitness Flint Farmers' Market 10:00 a.m. Healthy Cooking Demonstration* Flint Farmers' Market 12:00 p.m. Fit Club at the Local 5:30 p.m.	7 Zumba Gold (Beginner) GAC 5:30 p.m.	8 Enhance Fitness Flint Farmers' Market 10:00 a.m. Basic Yoga IHFC 6:45 p.m.	9 Enhance Fitness Hasselbring Senior Center 9:00 a.m. Zumba Toning UM-Flint Rec 5:30 p.m.	10
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Class Descriptions & Locations

Basic Yoga (1 hour) - This class is a balanced flow of postures designed to build stamina, strength, and flexibility while promoting weight loss and general stress relief.

Insight Health & Fitness Center (IHFC)
Formerly Hurley Health & Fitness Center
4500 S. Saginaw St
Flint, MI 48507
(810) 893-6489



Zumba Gold (1 hour) - A less intense version of the classic Zumba. This class offers fun music to keep the excitement high while keeping the impact low.

Genesys Athletic Club (GAC)
801 Health Park Blvd
Grand Blanc, MI 48439
(810) 606-7300



Aqua Fitness (1 hour) – An invigorating water workout. Ideal for all fitness levels. No swimming required

Zumba Toning (1 hour) - When it comes to body sculpting, Zumba! Toning® raises the bar. It combines targeted exercises and high-energy cardio work with Latin-infused Zumba!® moves to create a calorie-torching, strength-training, dance fitness-party. Learn how to use light weights to enhance rhythm and tone target areas.

University of Michigan-Flint Recreation Center (UM-Flint Rec)
401 Mill Street (for mapping)
303 E. Kearsley
Flint, MI 48502
(810) 762-3441



Healthy Cooking Demonstration (30 minutes) - Learn how to cook a simple, healthy dish by a vendor at the Market and try a sample after!

Flint Farmers' Market
300 E. First St
Flint, MI 48502
(810) 232-1399



Fit Club Workouts (45 minutes) – Join the Fit Club every Tuesday at 5:30 pm for fun boot camp style workout videos. All ages are encouraged to attend! Check out their [Facebook](#) page for up-to-date information!

The Flint Local 432
124 W. 1st Street
Flint, MI 48503
(810) 813-4000

Enhance Fitness (1 hour) – A fun, energizing class geared toward improving overall functioning and well-being. Improve your cardiovascular fitness, strength, flexibility and balance!

Hasselbring Senior Center
1002 Home Ave.
Flint, MI 48504
(810) 766-7128



Senior Stretch (1 hour) - This class will help improve overall strength and flexibility. The class is led by a certified senior fitness instructor who will guide you through the exercises at your own pace. This class is perfect for all ability levels.

YMCA Downtown Flint
411 E. 3rd Street
Flint, MI 48503
(810) 232-9622



Questions?
Email
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