

Kent County Classes

Enhance Fitness For Seniors



EnhanceFitness®, a nationally recognized multi-component community-based physical activity program designed for fit and frail older adults.

[read more](#)

Enhance Fitness For Seniors

Area Agency on Aging of Western Michigan

8:30a - 9:30a

Repeats every Monday / Wednesday / Friday

Individual classes \$5 each or 8 for \$24

Location:

Area Agency on Aging of Western Michigan

3215 Eaglecrest Drive NE
Grand Rapids, MI

Contact:

phone(616) 588-2580

emailbarb@aaawm.org

Organization:

Area Agency on Aging of Western Michigan

Enhance Fitness For Seniors

Faith United Methodist Church

Monday and Friday 9:00a - 10:00a

Wednesday 9:30a - 10:30a

Repeats every Monday / Wednesday / Friday

Location:

Faith United Methodist Church

2600 7th Street
Grand Rapids, MI

Contact:

phone616-233-0283

Facilitator:

Julie Lake

Organization:

Senior Neighbors

Enhance Fitness For Seniors

Grandville Senior Neighbors Center

10:00a - 11:00a

Repeats every Monday / Wednesday / Thursday

Location:

Grandville Senior Neighbors Center

3380 Division
Grandville, MI

Contact:

phone616-233-0283

Facilitator:

Julie Lake

Organization:

Senior Neighbors

Enhance Fitness For Seniors

Grandville Senior Neighbors Center

11:00a - 12:00p

Repeats every Monday / Wednesday / Thursday

Location:

Grandville Senior Neighbors Center

3380 Division
Grandville, MI

Contact:

phone616-233-0283

Facilitator:

Julie Lake

Organization:

Senior Neighbors

Enhance Fitness For Seniors

Greenridge Elementary School

9:30a - 10:30a

Repeats every Monday / Wednesday / Friday

Location:
Greenridge Elementary School
3825 Oakridge Ave NW
Comstock Park, MI

Contact:
phone616-233-0283

Facilitator:
Julie Lake

Organization:
Senior Neighbors and the
Comstock Park Community
Outreach Group

Enhance Fitness For Seniors
Kentwood Parks and Recreation
1:00p - 2:00p

Repeats every Monday / Wednesday / Friday

Location:
Kentwood Parks and Recreation
355 48th St
Kentwood, MI

Contact:
phone616-233-0283

Facilitator:
Julie Lake

Organization:
Senior Neighbors,
Kentwood Parks and Rec
and Metro Health

Enhance Fitness For Seniors
Rockford Community Services
9:30a - 10:30a

Repeats every Monday / Wednesday / Friday

Location:
Rockford Community Services
350 N. Main St.
Rockford, MI

Contact:
phone616-233-0283

Facilitator:
Julie Lake

Organization:
Senior Neighbors and
Rockford Community
Services

Enhance Fitness For Seniors
Rush Creek Bible Church
9:30a - 10:30a

Repeats every Monday / Wednesday / Friday

Location:
Rush Creek Bible Church
2334 76th St.
Byron Center, MI

Contact:
phone616-233-0283

Facilitator:
Julie Lake

Organization:
Senior Neighbors

Enhance Fitness For Seniors
Rush Creek Bible Church
10:45a - 11:45a

Repeats every Monday / Wednesday / Friday

Location:
Rush Creek Bible Church
2334 76th St.
Byron Center, MI

Contact:
phone616-233-0283

Facilitator:
Julie Lake

Organization:
Senior Neighbors

Enhance Fitness For Seniors
Salvation Army Senior Program
9:00a - 10:00a

Repeats every Monday / Wednesday / Friday

Location:
Salvation Army Senior Program
1235 E. Fulton
Grand Rapids, MI

Contact:
phone616-454-1459

Facilitator:
Kris or Renee

Organization:
Salvation Army

Exercise Program Arthritis Foundation



Take Control. We Can Help.™

The Arthritis Foundation Exercise Program uses gentle activities to help increase joint flexibility, range of motion and maintain muscle strength. While the program is designed specifically for those with arthritis, anyone can participate.

[read more](#)

Exercise Program

Cascade Christian Church

1:00p - 2:00p

Repeats every Tuesday / Thursday

Location: **Cascade Christian Church**
2829 Thornapple River Dr.
SE
Grand Rapids, MI

Contact: phone616-233-0283

Facilitator:
Julie Lake

Organization:
Senior Neighbors

Exercise Program

Salvation Army Senior Program

10:15a - 10:45a

Repeats every Monday / Wednesday

Location: **Salvation Army Senior Program**
1235 E. Fulton
Grand Rapids, MI

Contact: phone616-454-1459 ext. 1504

Facilitator:
Kris

Exercise Program

Salvation Army Senior Program

10:00a - 11:00a

Repeats every Wednesday / Friday

Location: **Salvation Army Senior Program**
1235 E. Fulton
Grand Rapids, MI

Contact: phone616-454-1459 ext. 1504

Facilitator:
Kris

Exercise Program

Schneider Manor

10:00a - 11:00a

Repeats every Tuesday / Thursday

Location: **Schneider Manor**
724 Bowes Rd.
Lowell, MI

Contact: phone616-233-0283

Facilitator:
Julie Lake

Organization:
Senior Neighbors

Exercise Program

Senior Neighbors Grand Rapids Center

10:00a - 10:45a

Repeats every Tuesday / Thursday

Location: **Senior Neighbors Grand Rapids Center**
333 S. Division
Grand Rapids, MI

Contact: phone616-233-0283

Facilitator:
Julie Lake

Organization:
Senior Neighbors

Exercise Program

Sparta Senior Neighbors Center, Harvest Way

10:30a - 11:15a

Repeats every Tuesday / Friday

Location:
**Sparta Senior Neighbors
Center, Harvest Way**
100 Ida Red
Sparta, MI

Contact:
phone 616-233-0283

Facilitator:
Julie Lake

Organization:
Senior Neighbors

Exercise Program

United Methodist Community House

10:30a - 11:30a

Repeats every Wednesday / Friday

Location:
**United Methodist
Community House**
904 Sheldon Ave SE
Grand Rapids, MI

Contact:
phone 616-233-0283

Facilitator:
Julie Lake

Organization:
Senior Neighbors

Tai Chi Program



Tai Chi is proven to reduce pain and improve mental well-being.

[read more](#)

Tai Chi Program

Marywood Health Center

1:00p - 2:00p

Repeats Every Monday/Wednesday

Location:
Marywood Health Center
153 Lakeside Dr NE
Grand Rapids, MI

Contact:
phone (616) 233-0283
email
jlake@seniorneighbors.org

Facilitator:
Julie Lake

Organization:
Senior Neighbors

Tai Chi Program

United Methodist Community House

10:30a - 11:30a

Repeats Every Monday

Location:
**United Methodist
Community House**
904 Sheldon Ave SE
Grand Rapids, MI

Contact:
phone (616) 233-0283
email
jlake@seniorneighbors.org

Facilitator:
Julie Lake

Organization:
Senior Neighbors

Tai Chi Program

Hospice of Michigan

September 15th

3:00p - 4:00p

Repeats Every Tuesday / Thursday

Location:
Hospice of Michigan
989 Spaulding Ave SW
Ada, MI

Contact:
phone(616) 233-0283
email
jlake@seniorneighbors.org

Facilitator:
Julie Lake

Organization:
Senior Neighbors

Tai Chi Program

Spectrum Health West Pavilion

September 15th

5:30p - 6:30p

Repeats Every Tuesday / Thursday

Location:
Spectrum Health West Pavilion
6105 Wilson Ave SW
Wyoming, MI

Contact:
phone(616) 233-0283
email
jlake@seniorneighbors.org

Facilitator:
Julie Lake

Organization:
Senior Neighbors

Tai Chi Program

Area Agency on Aging of Western Michigan

July 19th

10:30a - 11:15a

Repeats Every Tuesday / Thursday

Advanced Class

Location:
Area Agency on Aging of Western Michigan
3215 Eaglecrest Dr NE
Grand Rapids, MI

Contact:
phone(616) 588-2580
email
healthyaging@aaawm.org

Facilitator:
Barb Nelson-Jandernoa

Organization:
Area Agency on Aging of Western Michigan

Tai Chi Program

Area Agency on Aging of Western Michigan

July 11th – September 14th

9:30a - 10:15a

Repeats Every Tuesday / Thursday

Beginner Class

Free Class Open House at 10:30a on Tuesday July 11, 2017! Come check us out, meet the instructor and participate in a warm up!

Location:
Area Agency on Aging of Western Michigan
3215 Eaglecrest Dr NE
Grand Rapids, MI

Contact:
phone(616) 588-2580
email
healthyaging@aaawm.org

Facilitator:
Barb Nelson-Jandernoa

Organization:
Area Agency on Aging of Western Michigan

Matter Of Balance Class



A MATTER OF
BALANCE

MANAGING CONCERNS ABOUT FALLS

an award-winning program designed to manage falls and increase activity levels in older adults.

[read more](#)

Matter Of Balance Class
NHBP Health Department
September 5th – October 24th
1:00p - 3:00p

Repeats every Tuesday

Location:
NHBP Health Department
311 State St
Grand Rapids, MI

Contact:
phone(269) 704-8345
email
shelby.gibson@nhbp.org

Facilitator:
Shelby Gibson

Organization:
Nottawaseppi Huron Band
of the Potawatomi

Matter Of Balance Class
Spectrum Health Healthier Communities
September 19th – November 7th
1:00p - 3:00p

Repeats every Tuesday

Location:
Spectrum Health
Healthier Communities
665 Seward St NW
Suite 110
Grand Rapids, MI

Contact:
phone(616) 391-8641

Facilitator:
Laura Maclam

Organization:
Spectrum Health

Matter Of Balance Class
Area Agency on Aging of Western Michigan
September 25th – November 13th
1:00p - 3:00p

Repeats every Monday
\$25 Workshop Fee

Location:
Area Agency on Aging of
Western Michigan
3215 Eaglecrest Drive NE
Grand Rapids, MI

Contact:
phone(616) 588-2580
email
healthyaging@aaawm.org

Facilitator:
Barbara Nelson-Jandernoa

Organization:
Area Agency on Aging of
Western Michigan

Diabetes PATH



Diabetes PATH helps older adults learn to manage their Diabetes and take control of their life.

[read more](#)

Diabetes PATH
United Methodist Community House
October 4th – November 8th
9:30a - 12:00p
Repeats every Wednesday

Location:
**United Methodist
Community House**
904 Sheldon Avenue SE
Grand Rapids, MI

Contact:
phone(616) 452-3226

Facilitator:
Rose Simmons

Organization:
United Methodist
Community House
