

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  
email

[Healthyaging@aaawm.org](mailto:Healthyaging@aaawm.org)

**Facilitator:**

Barb Nelson-Jandernoa

**Organization:**

Area Agency on Aging of Western Michigan

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Enhance Fitness For Seniors

**Area Agency on Aging of Western Michigan**

**10:00a - 11:00a**

Repeats every Monday / Wednesday

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  
email

[healthyaging@aaawm.org](mailto:healthyaging@aaawm.org)

**Facilitator:**

Barb Nelson-Jandernoa

**Organization:**

Area Agency on Aging of Western Michigan

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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

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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

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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

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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

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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

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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

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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

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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

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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

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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:**  
phone616-233-0283

**Facilitator:**  
Julie Lake

**Organization:**  
Senior Neighbors

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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:**  
phone616-233-0283

**Facilitator:**  
Julie Lake

**Organization:**  
Senior Neighbors

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## 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](mailto:jlake@seniorneighbors.org)

**Facilitator:**  
Julie Lake

**Organization:**  
Senior Neighbors

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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](mailto:jlake@seniorneighbors.org)

**Facilitator:**  
Julie Lake

**Organization:**  
Senior Neighbors

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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](mailto:jlake@seniorneighbors.org)

**Facilitator:**  
Julie Lake

**Organization:**  
Senior Neighbors

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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](mailto:jlake@seniorneighbors.org)

**Facilitator:**  
Julie Lake

**Organization:**  
Senior Neighbors

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Tai Chi Program  
**Area Agency on Aging of Western Michigan**  
**January 9th – March 22nd**  
**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](mailto:healthyaging@aaawm.org)

**Facilitator:**  
Jillian Ahumada

**Organization:**  
Area Agency on Aging of  
Western Michigan

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Tai Chi Program  
**Area Agency on Aging of Western Michigan**  
**January 9th – March 22nd**  
**9:30a - 10:15a**  
Repeats Every Tuesday / Thursday  
Beginner Class

This class is now closed to new participants. If you're interested in Tai Chi, please call us at (616) 588-2580 to discuss our Spring session or to set up a time to come check out the class and see what we do!

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

**Contact:**  
phone(616) 588-2580  
email  
[healthyaging@aaawm.org](mailto:healthyaging@aaawm.org)

**Facilitator:**  
Jillian Ahumada

**Organization:**  
Area Agency on Aging of  
Western Michigan

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Tai Chi Program  
**Area Agency on Aging of Western Michigan**

**April 3rd – June 7th**

**9:30a - 10:15a**

Repeats Every Tuesday / Thursday

Beginner Class

The Spring Session will kick off with a FREE Class Open House on Tuesday, April 3, 2018. This Open House will give you an opportunity to visit, meet the instructor and practice some movement!

Please call the Healthy Aging Team at (616) 588-2580 with any questions or for additional information.

**Location:**

**Area Agency on Aging of Western Michigan**

3215 Eaglecrest Dr NE  
Grand Rapids, MI

**Contact:**

phone(616) 588-2580  
email

[healthyaging@aaawm.org](mailto:healthyaging@aaawm.org)

**Facilitator:**

Jillian Ahumada

**Organization:**

Area Agency on Aging of Western Michigan

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## 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

**Cedar Springs United Methodist Church**

**September 22nd**

**10:00a - 12:00p**

Repeats every Friday

**Location:**

**Cedar Springs United Methodist Church**

140 S. Main Street  
Cedar Springs, MI

**Contact:**

phone(616) 233-0283  
email

[jlake@seniorneighbors.org](mailto:jlake@seniorneighbors.org)

**Facilitator:**

Julie Lake

**Organization:**

Senior Neighbors

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Matter Of Balance Class

**Area Agency on Aging of Western Michigan**

**February 19th – April 9th**

**1:00p - 3:00p**

Repeats every Monday

One Time \$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](mailto:healthyaging@aaawm.org)

**Facilitator:**

Barbara Nelson-Jandernoa

**Organization:**

Area Agency on Aging of Western Michigan

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Matter Of Balance Class

**Salvation Army Senior Program**

**February 28th – April 18th**

**9:00a - 11:00a**

Repeats every Wednesday

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

**Contact:**  
phone 616-459-1459 ext. 1503  
email  
[Renee\\_ambriz@usc.salvationarmy.org](mailto:Renee_ambriz@usc.salvationarmy.org)

**Facilitator:**  
Renee Ambriz

**Organization:**  
Salvation Army

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