

Newaygo County Classes

Enhance Fitness For Seniors



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

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Enhance Fitness For Seniors

St. Bartholomew Catholic Church

10:00a - 11:00a

Monday / Wednesday / Friday

Location:

St. Bartholomew Catholic Church

599 W Brooks
Newaygo, MI

Contact:

phone(231) 689-2100

email

AndreaM@co.newaygo.mi.us

Facilitator:

Andrea Murray

Organization:

Newaygo County

Commission on Aging
