



Experience a group exercise and fall prevention program that helps people at all levels of fitness become more active, energized, and empowered to sustain independent lives.

FOUR CLASSES IN ONE

- Strength training
- Flexibility
- Balance
- Aerobic and cardio

You work at your own pace: Your instructor demonstrates variations and modifications to the exercises, so you can find a level that is a perfect fit for you.

WHAT TO EXPECT

- A casual atmosphere
- The companionship of other older adults interested in improving their lives through exercise
- An energetic, certified instructor who leads the series of exercises



DATES (8 WEEK COURSE):
July 11 - August 31, 2023



LOCATION 1:
United Methodist Church - Lexington
5597 Main Street
Lexington, MI 48450

TIME:
Monday 10:00 –11:00 a.m.



LOCATION 2:
Countryside Free Methodist Church
912 Sanilac Road
Sandusky, MI 48471

TIME:
Tuesday 9:00 –10:00 a.m.
Thursday 10:00 –11:00 a.m.

\$5.00 per class or Free to Seniors age 60+
To register for or learn more, Call 810-648-6117
or email publicrelations@McKenzieHealth.org



120 N. Delaware Street
Sandusky, MI 48471
810-648-3770
www.mckenziehealth.org