



CURRENT LOCATIONS

INTERNATIONAL GOSPEL CTR
MENTORING CENTER
392 Salliotte
Ecorse, MI 48229
313-389-2700
Mon, Thur 6:00-7:00pm
Sat 10:00-11:00am

ST. MATTHEW & ST. JOSEPH CHURCH
8850 Woodward
Detroit, MI 48202
313-871-4750
Mon, Wed, Thurs 1:00-2:00pm

YPSILANTI TWP COMMUNITY CTR
2025 E. Clark rd
Ypsilanti, MI 48198
734-544-3838
Mon, Wed, Fri 10:30-11:30am

CHURCH OF THE MESSIAH
231 E. Grand Blvd
Detroit, MI 48207
313-567-1158
Mon, Tues, Thurs 7:00-8:00pm

ROBERTO CLEMENTE RECREATION CTR
2631 Bagley St
Detroit, MI 48216
313-224-0228
Mon, Wed, Thurs 6:30-7:30pm

TURNER SENIOR RESOURCE CTR
2401 Plymouth Rd Ste
Ann Arbor, MI 48105
734-998-9350
Mon, Wed, Fri 1:00-2:00pm

DOZIER RECREATION COMPLEX
2025 Middlebelt
Inkster, MI 48141
313-561-2382
Mon, Wed, Fri 10:30-11:30am

ECORSE SENIOR CENTER
4072 W. Jefferson Ave
Ecorse, MI 48229
313-382-3305
Mon, Wed, Fri 1:00pm-2:00pm

Detroit Area Agency on Aging Partnership
FRANKLIN WRIGHT SETTLEMENTS, INC
3360 Charlevoix
Detroit, MI 48207
313-579-1000
Mon, Tues, Thurs 9:30-10:30am

Detroit Area Agency on Aging Partnership
LASED
7150 W. Vernor
Detroit, MI 48207
313-841-8840
Mon, Tues, Wed 10:30-11:30am

FREE EXERCISE CLASSES WITH YOU IN MIND



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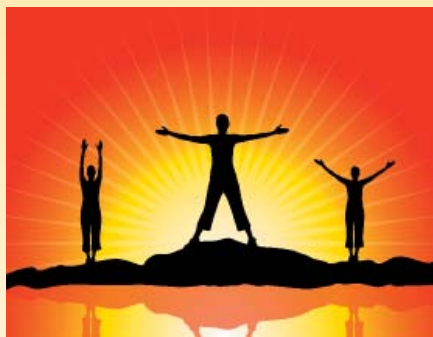
# READY...SET...START

Preparing for a life of better health with **FREE FREE FREE** exercise classes focusing on:

-cardiovascular conditioning

-flexibility

-strength training



**FIND A LOCATION NEAR YOU!!**

**Kristie Lewis  
1-800-482-1455**



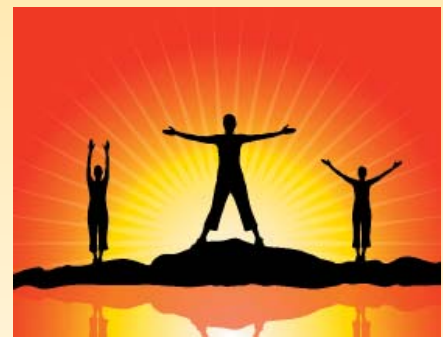
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