



**Exercise Opportunities
for Seniors in
Washtenaw County**

Turner Senior Resource Center



University of Michigan
Health System

Guide prepared with AAACF support



**Ann Arbor Area
community foundation**

For good. For ever

2009 GUIDE TO SENIOR EXERCISE IN WASHTENAW COUNTY

Believing in the health benefits of an active lifestyle, Turner Senior Resource Center has compiled this resource directory of senior exercise in Washtenaw County.

The guide offers numerous fitness opportunities for older adults in Washtenaw County. Call or check web sites for the most up-to-date program information.

Many programs offer some classes free or for a minimal fee. Contact individual programs for reduced senior rates or for financial assistance.

The University of Michigan's Turner Senior Resource Center does not endorse any of the services listed. We apologize in advance for any omissions or errors.

ACKNOWLEDGEMENTS

Thank you to the Ann Arbor Area Community Foundation and Turner Senior Resource Center volunteers and interns who helped compile this booklet. Special thanks to Lynn Tindall, Ann Farrah and Jessica Millard.

**ANN ARBOR SENIOR CENTER
ANN ARBOR PARKS & RECREATION**

1320 Baldwin

Ann Arbor, MI 48104

Telephone: 734-769-5911

www.A2gov.org/senior

Activities: Yoga, Tai Chi, strength training, line dance, swimming, aerobics and Past Master Hockey.

Membership Dues: No

Activity Fee: Depends on activity

ANN ARBOR YMCA

400 W. Washington

Ann Arbor, MI 48103

Telephone: 734-996-9622

www.annarborymca.org

Activities: Exercise, conditioning, stretch & toning, yoga, aerobics, arthritis water exercise and swimming classes.

Membership Dues: Yes

Activity Fee: Depends on activity

**CHELSEA COMMUNITY HOSPITAL
HEALTH & WELLNESS CENTER**

14800 E. Old U.S. 12

Chelsea, MI 48118

Telephone: 734-475-4100

www.chelseawellness.org

Activities: Aerobics and water aerobics, Pilates, toning, yoga, arthritis classes.

Membership Dues: Yes

Activity Fee: No

CHELSEA SENIOR ACTIVITIES CENTER

512 E. Washington Street

Chelsea, MI 48118

Telephone: 734-475-9242

www.chelseaseniors.org

Activities: Exercise classes with weights, chair exercises with gentle stretching, walking and square dancing.

Membership Dues: Yes

Activity Fee: Depends on activity

JEWISH COMMUNITY CENTER

2935 Birch Hollow Drive

Ann Arbor, MI 48108

Telephone: 734-971-0990 ext. 40

www.jccannarbor.org

Activities: Fitness class with music.

Membership Dues: No

Activity Fee: Yes

MFit FITNESS CENTER**UNIVERSITY OF MICHIGAN**

Ann Arbor Ice Cube

2121 Oak Valley Drive

Ann Arbor, MI 48103

Telephone: 734-998-8700

www.mfitfitnesscenter@med.umich.edu

Activities: Yoga, Pilates, Tai Chi and aerobic exercise.

Membership Dues: Yes

Activity Fee: Depends on activity

MILAN SENIOR CENTER

45 Neckel Court

Milan, MI 48160

Telephone: 734-439-4310

www.ci.milan.mi.us/parks

Activities: Beginning and intermediate line dancing, chair exercises, walk aerobics and Tai Chi.

Membership Dues: Yes

Activity Fee: Depends on activity

NIAFIT: SENIORS IN ACTION

1945 Pauline, Suite C

Ann Arbor, MI 48103

Telephone: 734-998-1198

www.niafit.com

Activities: Strength training, yoga, Pilates, Tai Chi and cardiotone.

Classes offered in various locations.

Membership Dues: No

Activity Fee: Yes

NORTHEAST SENIORS

Dixboro United Methodist Church
5221 Church Road
Ann Arbor, MI 48105
Telephone: Harriet Gill, 734-844-7303
Activities: Senior exercise group.
Membership Dues: No
Activity Fee: Yes

NORTHFIELD TOWNSHIP SENIOR CENTER

9101 Main Street
Whitmore Lake, MI 48189
Telephone: 734-449-2295
www.twp.northfield.mi.us
Activities: Aerobics and line dancing.
Membership Dues: Yes
Activity Fee: Yes

PITTSFIELD TOWNSHIP SENIOR CENTER

701 W. Ellsworth
Pittsfield Township, MI 48108
Telephone: 734-822-2117
www.pittsfieldtwp.org
Activities: Line dance, yoga, fitness & wellness, exercise equipment.
Membership Dues: Yes
Activity Fee: Depends on activity

SALINE AREA SENIOR CENTER

7190 N. Maple Road
Saline, MI 48176
Telephone: 734-429-9274
www.salineseniors.org
Activities: Tai Chi, line dancing, yoga, posture and balance.
Membership Dues: Yes
Activity Fee: Yes

**ST. JOSEPH MERCY HOSPITAL
ELLEN THOMPSON WOMEN'S CENTER**

5320 McAuley Drive
Ypsilanti, MI 48197

Telephone: 734-712-5800

www.sjmercyhealth.org

Activities: Strength training, cardio strengthening, yoga, Pilates, walking and ballroom dancing.

Membership Dues: No

Activity Fee: Yes

TURNER SENIOR RESOURCE CENTER

2401 Plymouth Road.

Ann Arbor, MI 48105

Telephone: 734-998-9353

www.med.umich.edu/geriatrics/tsrc

Activities: Cardiotone, strength training, Tai Chi, yoga, in-place walking, balance, posture, and osteoporosis exercises.

Membership Dues: No

Activity Fee: Depends on activity

WASHTENAW COMMUNITY COLLEGE

FITNESS CENTER

4833 E. Huron River Drive

Ann Arbor, MI 48108

Telephone: 734-975-9950

www.wccfitness.org

Activities: Aerobics, yoga, swimming, arthritis classes and exercise equipment.

Membership Dues: Yes

Activity Fee: No

UNIVERSITY OF MICHIGAN

U MOVE FITNESS – LIFETIME FITNESS

Division of Kinesiology

401 Washtenaw Avenue

Ann Arbor, MI 48109

Telephone: 734-764-1342

www.umich.edu/~umove

Activities: Aerobics, sitting and standing aerobics, strength and stretching exercises at Briarwood Mall in Von Maur court: Mon., Wed., Fri., 9 to 10 am.

Membership Dues: No

Activity Fee: No

**WASHTENAW COUNTY PARKS & RECREATION
MERI LOU MURRAY RECREATION CENTER**

2960 Washtenaw Avenue

Ann Arbor, MI 48104

Telephone: 734-971-6355

www.parks.ewashtenaw.org

Activities: Strength training equipment, cardio training equipment, exercise equipment, indoor track, swimming pool, badminton, basketball, volleyball, and group fitness classes.

Membership Dues: Yes

Activity Fee: Depends on activity

Day Passes Available

YPSILANTI SENIOR CENTER

1015 N. Congress Street

Ypsilanti, MI 48197

Telephone: 734-483-5014

www.ypsiseniors.org

Activities: Exercise classes, weight training, line dance, Tai Chi, and Yoga.

Membership Dues: No

Activity Fee: No

YPSILANTI TOWNSHIP 50 & BEYOND RECREATION CENTER

2025 E. Clark

Ypsilanti, MI 48198

Telephone: 734-544-3838

www.twp.ypsilanti.mi.us

Activities: Exercise classes, yoga, Pilates, variety of dancing styles, Tai Chi, cardiotone with weights and basketball.

Membership Dues: Yes

Activity Fee: Depends on activity

For additional exercise opportunities and information, check the Yellow Pages under “Exercise and Physical Fitness Programs”. Local fitness centers, tennis clubs, and individual trainers may also have exercise options for seniors.