



Upcoming Senior Fit Classes!

Senior Fit is a FREE exercise program for people age 55 and over that encourages senior adults to exercise their way to a healthier lifestyle. The program features standing and chair exercises that build strength and flexibility, as well as improve balance and cardiovascular fitness.

A Senior Fit Consent form must be signed by each participant's physician PRIOR to the first class. Consent forms are sent to each registered participant following Open Enrollment, and also available at stjoesoakland.org/seniorfit. Classes will be filled on a first call, first served basis.

**Please call for
Open Enrollment
248-858-3952
beginning 5 a.m.
Monday, June 17, 2019 -
Friday, June 28, 2019**

Senior Fit Locations 2019-2020

All groups meet Monday-Wednesday-Friday

Location	Address	Time
Auburn Hills: Apostolic Church	3655 N. Squirrel Rd. 48326	9:30-10:30 a.m.
Auburn Hills: Community Center	1827 N. Squirrel Rd. 48326	1:30-2:30 p.m.
Bloomfield Hills: Cross of Christ Lutheran Church	1100 Lone Pine Rd. 48302	11 a.m.- Noon
Clarkston: Calvary Evang. Lutheran Church	6805 Bluegrass Dr. 48346	11:30 a.m.-12:30 p.m.
Clarkston: Independence Senior Center	6000 Clarkston Rd. 48348	8:15-9:15 a.m.
Clarkston: United Methodist Church	6600 Waldon Rd. 48346	1-2 p.m.
NEW - Commerce Twp: Richardson Senior Center	1485 Oakley Park Rd. 48390	3-4 p.m.
Farmington Hills: Faith Covenant Church	35415 W. 14 Mile Rd. 48331	3-4 p.m.
Ferndale: Free Methodist Church	1950 Woodward Heights 48220	12:30-1:30 p.m.
Ferndale: Gerry Kulick Community Center	1201 Livernois Ave. 48220	9: 30-10:30 a.m.
Highland: Highland Activity Center	209 N. John St. 48357	9:30-10:30 a.m.
Highland: Faith Lutheran Church	3501 E. Highland Rd. 48356	11 a.m.-Noon
Lake Orion: Christ the Redeemer Catholic Church	2700 Waldon Rd. 48360	9:30-10:30 a.m.
NEW - Lake Orion: Good Shepherd Lutheran Church	1950 S. Baldwin Rd. 48360	3-4 p.m.
NEW - Leonard: Addison Twp Senior Center	1440 Rochester Rd. 48367	10-11 a.m.
Oxford: LakePoint Community Church	1550 W. Drahner Rd. 48371	1-2 p.m.
NEW - Oxford: Oxford Senior Center	2795 Seymour Lake Rd. 48371	11:45 a.m.-12:45 p.m .
Pontiac: St. Joseph Mercy Oakland Wellness Center	44405 Woodward Ave. 48341	1-2 p.m. and 3-4 p.m.
NEW - Pontiac: Bowens Center	52 Bagley St. 48341	11:15 a.m.-12:15 p.m.
Rochester: RARA - Rochester Avon Recreation Authority	480-500 E. 2nd St 48307	9:30-10:30 a.m.
Rochester Hills: Bellbrook Senior Community	873 W. Avon Rd. 48307	11:30 a.m.-12:30 p.m.
Southfield: Oakland Church of Christ	23333 W. 10 Mile Rd. 48033	11:30 a.m.-12:30 p.m.
Troy: Lutheran Church of the Master	3333 Coolidge Hwy. 48084	9:30-10:30 a.m. & 11 a.m.-Noon
Troy: St. Anastasia Roman Catholic Church	4571 John R. Rd 48085	1-2 p.m.
Waterford: Waterford Senior Center	3621 Pontiac Lake Rd. 48328	1-2 p.m.
White Lake: Calvary Evang. Lutheran Church	9101 Highland Rd. 48386	11:15 a.m.-12:15 p.m.