



CURRENT LOCATIONS

CHELSEA SENIOR CITIZENS ACTIVITIES CENTER
512 Washington St
Chelsea, MI 48118
734-475-9242
Mon, Wed, Fri 10:30-11:30am
Tues, Thurs 8:30 - 9:30am

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

DOZIER RECREATION COMPLEX
2025 Middlebelt
Inkster, MI 48141
313-561-2382
Mon, Wed, Fri 10:30-11:30am
11:45- 12:45pm

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

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

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

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

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

For more information call 1-800-482-1455 or visit www.nkfm.org

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
www.nkfm.org**

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