



SCHOOL OF KINESIOLOGY  
**COMMUNITY PROGRAMS**  
UNIVERSITY OF MICHIGAN



# LIFETIME FITNESS CLASSES

**In-Person @ Briarwood Mall, 9:00-10:00am**

**MONDAYS • Chair Aerobics** • *Instructor: Peter K.*

**THURSDAYS • Zumba Gold** • *Instructor: Geraldine (Jerry) P.*

**FRIDAYS • Chair Aerobics** • *Instructor: Peter K.*

Please check in with the instructor to get some information, sign the liability waiver, and discuss modifications. In-person classes are free, however please consider making a tax-deductible donation. No experience necessary. Classes are specifically designed for senior adults - however, everyone is welcome!

**Virtual via Zoom**

**TUESDAYS @ 9:00am • Strength, Stretch, and Balance** • *Instructor: Peter K.*

**WEDNESDAYS @ 9:00am • Chair Yoga** • *Instructor: Kitty O.*



To REGISTER for our virtual classes, or for more information about Lifetime Fitness classes, visit [kines.umich.edu/LTF](https://kines.umich.edu/LTF) or scan this QR code:

**CHALLENGE THE IDLE STATE**

Kerry Winkelseth, Director | 734-647-2708 | [kebwink@umich.edu](mailto:kebwink@umich.edu)  
830 N. University Ave. #4125 | Ann Arbor, MI 48109-1048