

# Senior Programs

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## COME HIT THE TRAILS!!

Seniors! Come hit the trails with our Ascension Genesys Health Club Fitness Instructor for a 50-minute class that includes stretching and light cardio walking.

**When:** Mondays 11:00 a.m. - 12:00 p.m.

**Location:** Ascension Genesys Health Club  
We will meet on the trails located on the north side of the building (near the physical therapy office)

**Cost:**

- Active Members: Free
- Frozen Members/Non-Members: \$5 per class - cash ONLY (exact change appreciated)

**Please be advised of the following:**

- Social distancing is required
- Open to members and non-members
- No registration required
- Weather permitting
- Masks are not required while engaged in physical activity outdoors
- Employee masks will be worn during check in
- No water will be provided

**For more information:** Contact Programs Manager Jackie Colpean at 810-606-7518 or via email at [Jackie.Colpean@Ascension-external.org](mailto:Jackie.Colpean@Ascension-external.org)