

All GRCC Older Learner Center Health Education programs will be facilitated by master's prepared Fitness Instructor and Certified Personal Trainer, Jodi Kuyt.

These Health Education programs are being made available to Kent County residents 60 and older thanks to Kent County Senior Millage funding from the Area Agency on Aging of Western Michigan.

Kent County Senior Millage

Driving instructions and campus parking information will be provided to participants upon program registration.

Grand Rapids Community College is an equal opportunity institution. GRCC is a tobacco free campus.

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2010 HEALTH EDUCATION PROGRAMS



A number of Health Education programs are being offered to Kent County residents 60 and older by the Grand Rapids Community College Older Learner Center.

These include a **Fitness Program** designed to promote health by providing opportunities for fitness/wellness through aerobic and aquatic exercise, strength training, and increased personal fitness;

a faster paced **Strength and Stretch Class** designed for individuals looking to strengthen and stretch their muscles;

and **Water Aerobics** offering a great cardiovascular and strength workout in water!

 Grand Rapids Community College
OLDER LEARNER CENTER

These Health Education programs are being made available to Kent County residents 60 and older thanks to Kent County Senior Millage funding from the Area Agency on Aging of Western Michigan.

 Grand Rapids
Community
College

Continuing Education &
Professional Development
143 Bostwick Avenue, NE
Grand Rapids, MI 49503-3295



2010 HEALTH EDUCATION PROGRAMS

*These Health Education programs are being offered by the
Grand Rapids Community College Older Learner Center.*

Fitness Program (23 Sessions)

This weekly fitness program is designed to promote health by providing opportunities for fitness/wellness through aerobic and aquatic exercise, strength training, and increased personal fitness. Each session led by a master's prepared Wellness Educator and Certified Personal Trainer will include 45 minutes of fitness activity/exercise, and use of fitness equipment and facilities. This program will be held in room 304 of the GRCC Gerald R. Ford Fieldhouse.

Registration for this program is limited to 25 participants. Program costs are supplemented by Kent County Senior Millage. Co-payment is \$23*.

Dates:**

January 8, 2010 through June 18, 2010
(this excludes Good Friday on Friday, April 2, 2010)

Day/Time:**

Friday mornings from 10 to 11 a.m.

Strength and Stretch Class (29 Sessions)

If you are looking to improve your strength, flexibility, balance, and range of motion, this class is for you! Strength training helps reduce and reverse the effects of Osteoporosis, so what are you waiting for, sign up now! Yoga, Pilates, and hand weights will all be incorporated into this class. Exercises will be shown that you can continue practicing in your own home! This class will meet twice a week in room 304 of the GRCC Gerald R. Ford Fieldhouse.

Registration for this class is limited to 25 participants. Program costs are supplemented by Kent County Senior Millage. Co-payment is \$29*.

Dates:**

January 18, 2010 through April 28, 2010

Days/Time:**

Monday and Wednesday afternoons from 12:15 to 1:15 p.m.

Water Aerobics (16 Sessions)

Get the workout you need without all of the stress to your joints! You will get a great cardio and strength workout **in the water**. Participants are encouraged to work and progress at their own pace while enjoying GRCC's pool! This class will meet weekly in the Gerald R. Ford Fieldhouse Pool.

Registration for this class is limited to 25 participants. Program costs are supplemented by Kent County Senior Millage. Co-payment is \$16*.

Dates:**

April 21, 2010 through August 4, 2010

Day/Time:**

Wednesday afternoons from 1:15 to 2:15 p.m.

Registration Information:

GRCC Continuing Education &
Professional Development

Phone: (616) 234-3400

E-Mail: continuingeducation@grcc.edu

Online registration is also
available at: www.grcclearn.com
(click on Older Learner Center)

*Pre-registration is required to secure space
in the class or classes of your choice.*

* Scholarships are available if unable to afford co-payment.

** All class dates and times are subject to change.