

Enhance Fitness

Mondays, Wednesdays & Fridays

(May 2-May 27) 1-2 p.m.

Improve your strength, balance, flexibility, and cardiovascular health with this program designed for senior citizens. This evidence-based program is endorsed by the Michigan Department of Community Health Arthritis Program and the CDC. Co-sponsored by the YMCA of Metropolitan Lansing.



DOWNTOWN LANSING BRANCH

401 S. Capitol Ave.
517-367-6363



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