These programs are offered to Kent County residents age 60 and older by the GRCC Older Learner Center.

- **Strength and Stretch Class** is faster paced and designed for individuals looking to strengthen and stretch their muscles.

- **Health Club** will promote health by providing opportunities for fitness/wellness testing and assessment.

- **Fitness Program** designed to promote health by providing opportunities for fitness/wellness through aerobic exercise, strength training, and increased personal fitness.
Strength and Stretch Class
(27 Sessions)
If you are a senior 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 are incorporated into this class. Exercises will be shown that you can continue practicing in your own home! This class meets twice a week in Room 304, GRCC Gerald R. Ford Fieldhouse.

Registration for this class is limited to 35 participants. Program costs are supplemented by Kent County Senior Millage. Co-payment is $27*.

Dates:** January 20, 2014 to April 21, 2014
Days/Times:** Monday and Wednesday afternoons from 12:30 to 1:30 p.m.

Health Club
(21 Sessions)
The Older Learner Center Health Club will promote health by providing opportunities for fitness/wellness assessment and monitoring; aerobic and other forms of exercise; strength training, increased personal fitness, socialization, and FUN. Each session includes 45 minutes of fitness activity/exercise, use of fitness equipment and facilities, and individualized fitness/wellness testing and assessment. This program is held in Room 304, GRCC Gerald R. Ford Fieldhouse.

Registration for this program is limited to 35 participants. Program costs are supplemented by Kent County Senior Millage. Co-payment is $21*.

Dates:** January 24, 2014 to June 27, 2014
(no sessions will be held on Good Friday, April 18, 2014, or on GRCC Commencement Day May 2, 2014)
Day/Time:** Friday mornings from 10:00 to 11:00 a.m.

Fitness Program
(15 Sessions)
This weekly fitness program is designed to promote health by providing opportunities for fitness/wellness through aerobic exercise; strength training, and increased personal fitness. Each session includes 45 minutes of fitness activity/exercise, and use of fitness equipment and facilities. This program is held in Room 304, GRCC Gerald R. Ford Fieldhouse.

Registration for this program is limited to 35 participants. Program costs are supplemented by Kent County Senior Millage. Co-payment is $15*.

Dates:** September 5, 2014 to December 19, 2014
(no sessions will be held on the Friday after Thanksgiving, November 22, 2014)
Day/Time:** Friday mornings from 9:00 to 10:00 a.m.

Registration Information for All Three Programs:
GRCC Workforce Training
Phone: (616) 234-3400
Online: www.grcc.edu/olcregistration

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

Enrollment for these classes will begin on November 25, 2013.

*Scholarships are available if unable to afford co-payment.  **All class dates and times are subject to change.