



a strength, balance, and fitness class for adults 65+

It Works!

You'll be stronger, have better balance, feel better and this will help you stay independent, active and prevent falls.

It's Safe!

The instructors are experienced and skilled, and exercises have been tested with seniors.

It's Fun!

You'll meet other seniors and make new friends!

One-hour classes are held
twice a week beginning
March 17 - June 11, 2026

Portage Commons Senior Enrichment Center

133 N. William St., South Bend, IN 46601

Tuesday + Thursday
2:30 p.m. – 3:30 p.m.

Pre-registration required.

Scan the QR code
or call (574) 284-7132



Scan the QR code or call (574) 284-7132 to register!

HEALTH EDUCATION

