

Equipment Available

- Ab Crunch
- Arm Curl
- Arm Extension
- Assisted Chin-Up/Dip
- Bosu Balls
- Body Blades
- Cable Cross Over
- Chest Press
- Elliptical
- Free Weights
- Incline Pulls
- Leg Curl
- Leg Extension
- Leg Press
- Medicorz
- Nu-Steps
- Punching Bags
- Recumbent Bikes
- Resistance Bands
- Rogue Barbell, Rack, and Bumper Plates
- Rowing Machine
- Sanddune Stepper
- Stability Bars
- Treadmills
- True Stretch
- Upper Body Bicycle



About Perennial Park

Established in 1983, Hillsdale County Senior Services Center ("Perennial Park") is a non-profit organization committed to providing help and encouragement to older adults while promoting good health, independence, and opportunities for socialization and involvement in the community. Acting as a Department of Aging for Hillsdale County, Perennial Park has become a pillar in the community by providing services based on need - regardless of ability to pay - and relies on multiple funding sources, including a voter-approved Senior millage and private contributions.

Some of our services include:

Meals on Wheels
On-site Adult Respite Care
Homecare Assistance
Non-Emergency Medical Transportation
Community Fitness Center
Equipment Loan
Congregate Lunch (M - F)
Medicare/Medicaid Assistance
Information & Assistance
Building Rental
Life Enrichment Classes
Support Groups
Special Events
Assorted Monthly Activities

Reach out to the Center for more info!
Also check out our website and follow us on
Facebook (Hillsdale Senior Center and
Perennial Park Fitness Center)!

Perennial Park Fitness Center

Hours:

Monday-Thursday: 6:00 a.m.-7:00 p.m.

Friday: 6:00 a.m. - 5:00 p.m.

Saturday: 8:00 a.m. - Noon



PERENNIAL PARK
HILLSDALE COUNTY SENIOR SERVICES CENTER

320 W. Bacon Street, Hillsdale, MI 49242

(517) 437-2422 | (800) 479-3348

www.hillsdaleseniors.org



Membership

The Perennial Park Fitness Center is open to persons age 13 and older. Requirements for membership include:

- Obtain an Enrollment Packet
- Obtain a Physician Release Form
- Complete an Orientation with staff

Membership Rates

Annual

Age Range	In-County Residents	Out-of-County Residents
50 & Over (Single)	\$250	\$300
50 & Over (Companion)	\$100	\$125
50 & Over (Additional)	\$50	\$65
49 & Under (Single)	\$325	\$375
49 & Under (Companion)	\$125	\$175
49 & Under (Additional)	\$65	\$90

6-month

50 & Over (Single)	\$175	\$210
49 & Under (Single)	\$225	\$275

Monthly Rates

(6-month expiration)

1 month	\$40	\$50
3 months	\$110	\$145
9 months	\$200	\$250

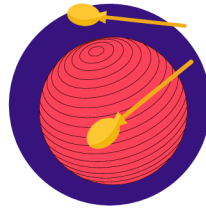
Guest Pass: \$5 per visit (3 visit maximum & must be accompanied by a member).

Payment Plans are available!

Additional membership options such as **SilverSneakers®, Silver&Fit®, and Renew Active®** may be available depending on your insurance. Our staff can help determine eligibility.

Classes

A variety of fitness classes are available for those who also enjoy the social benefits of exercise. Some classes are offered on an ongoing basis while others may be offered "on-demand."



Cardio Drumming with Dayton Lyons

Monday (in-class & virtual):

9:30 a.m.

Thursday & Saturday (in-class):

9:30 a.m.

Using drumsticks, a bucket, and an inflatable exercise ball, this popular high-energy workout is simply a whole lot of fun! Instructors will guide you through the routines as you drum based on your ability. No previous drumming experience is required!

SilverSneakers® EnerChi

Tuesdays and Fridays (in-class):

10 a.m.



A higher-intensity class designed for active adults. Improve balance and flexibility to help overcome everyday obstacles.



SilverSneakers® Yoga

Wednesdays and Fridays

(in-class & virtual)

at 11:15 a.m.

Move your whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of postures designed to increase flexibility, balance, and range of movement. Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity.

SilverSneakers® Stability

Mondays (in-class & virtual):

11:15 a.m.

Wednesdays (in-class): 10 a.m.



A higher-intensity class designed for active adults. Improve balance and flexibility to help overcome everyday obstacles.



SilverSneakers® Classic

Tuesdays and Thursdays

(in-class & virtual)

at 11:15 a.m.

Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of motion, and activity for daily living skills.



Fit Camp

with Dayton Lyons

& Tina Siler

Fridays at 3:30 p.m.

Fit Camp is a 45-minute class for those interested in cardio, endurance building, and toning. The class involves a mixture of body weight and free-weights combined with circuit training, High Intensity Interval Training (HIIT), Tabata, and step. The class is targeted to those that already have a fundamental level of aerobic capacity and agility (modifications are encouraged, when and where needed).

SilverSneakers® classes and Cardio Drumming may be included in your Fitness Center membership - otherwise, there are no class fees for members. Please feel free to consult the Fitness Center staff with any questions and check the Activities Calendar on our website and at the front desk for our latest offerings.

Follow our Facebook group:
@Perennial Park Fitness Center!