Fall 2026 ADULT Fitness & Enrichment Classes

Registration begins at 10am on Tuesday, August 4th

Click on Class ID# below to see full class descriptions

****All classes are IN PERSON unless otherwise indicated****

Color Key:

	Enrichment
	Fitness
	Yoga & Pilates
	Adapted

ADULT Class Schedule

SUNDAYS	Name of Class	Dates	Ages	Class ID#
Sun, 10:00-11:30AM	Iyengar Yoga - **HYBRID**	9/20-12/6	10th-Adult	3706.506
Sun, 10:00AM-12:00PM	**NEW!** Adult & Child Ceramics: Come Clay with Me!	10/4-12/13	K-6th & an Adult	2298.501
Sun, 1:00-3:00PM	**NEW!** Adult & Child Sunday Spin: Pottery Wheel	10/4-12/13	3rd-10th & an Adult	2298.502
Sun, 1:00-2:30PM	Walking History: Tour of Downtown Ann Arbor	9/27 ONLY	Adult	1654.501
Sun, 1:00-2:00PM	Adult Co-Ed Self Defense	9/20-11/8	12th-Adult	3315.506
Sun, 2:00-4:00pm	**NEW!** The Power of Not Rescuing Your Child	10/25 ONLY	Adult	9185.501
Sun, 2:00-4:30PM	Kimchi Making Workshop	9/20 ONLY	9th-Adult	1385.501
Sun, 2:30-3:30PM	Appalachian Clogging for Beginners	9/13-12/13	8th-Adult	1289.501
Sun, 3:00-4:30PM	Intro to Taiko Drumming	10/18 ONLY	8th-Adult	1766.501
Sun, 3:00-4:30PM	Intro to Taiko Drumming	11/22 ONLY	8th-Adult	1766.502
Sun, 6:00-7:15PM	Yoga Flow & Restorative - **HYBRID**	9/20-12/6	10th-Adult	3711.509
Sun, 6:00-7:30PM	Haunted Ann Arbor Walking Tour	10/25 ONLY	Adult	1031.502
Sun, 6:00-7:15PM	**NEW!** Tai Chi Walking	9/28 ONLY	Adult	2384.501
MONDAYS	**Name of Class**	**Dates**	**Ages**	**Class ID#**
Mon, 9:15-10:30AM	Yoga Pilates - **ONLINE**	9/14-12/7	10th-Adult	3110.507

Mon, 11:00AM-12:00PM	SHiNE Light™ Dance Fitness	9/14-12/7	12th-Adult	3168.501
Mon, 4:00-5:30PM	Strike Force Bowling	9/14-10/26	9th-Adult	6112.501
Mon, 4:00-5:30PM	Strike Force Bowling	11/2-12/7	9th-Adult	6112.502
Mon, 5:00-5:50PM	Indian Tabla Drumming - Adult	9/14-12/7	Adult	1356.501
Mon, 5:30-8:30PM	**NEW!** Adult Pottery: Introduction to Ceramics	10/5-12/14	10th-Adult	2196.501
Mon, 6:00-7:00PM	Cardio Dance & Pilates - **HYBRID**	9/14-12/7	10th-Adult	3108.506
Mon & Thurs, 6:00-7:00PM	Cardio Dance & Pilates Mon/Thurs Combo - **HYBRID**	9/14-12/7	10th-Adult	3108.508
Mon, 6:00-7:30PM	Iyengar Yoga **- HYBRID**	9/14-12/7	10th-Adult	3706.507
Mon, 6:30-8:30PM	Beginning Sewing	10/19-12/7	Adult	1749.502
Mon, 6:30-7:20pm	Organized for Calm: Decluttering Your Space & Mind	10/5 ONLY	Adults/ Parents	1870.501
Mon, 7:00-8:00pm	Digital Balance: Smart Tech Habits for Families	10/26 ONLY	Adults/ Parents	1870.502
Mon, 6:30-8:30PM	Woodworking with Hand Tools 1 - Beginner	9/7-10/5	Adult	1714.501
Mon, 6:30-8:30PM	Woodworking with Hand Tools 1 - Beginner	10/19-11/16	Adult	1714.502
Mon, 6:45-9:15PM	**NEW!** Ann Arbor Civic Chorus (AACC) Special Collaboration with Ann Arbor Concert Band	9/14-11/2	Adult	1770.501
TUESDAYS	**Name of Class**	**Dates**	**Ages**	**Class ID#**
Tues, 9:00-10:00AM	BellyFit	9/15-11/17	Adult	3193.505
Tues, 11:00AM-12:00PM	Cardio Drumming	9/15-12/1	10th-Adult	3171.505
Tues, 11:00AM-12:00PM	Introduction to Tai Chi	9/15-10/20	Adult	1821.501
Tues, 12:15 - 1:15PM	Weight Training Through the Ages - **ONLINE**	9/15-12/1	12th-Adult	3124.505
Tues, 2:30-5:30PM	**NEW!** Adult Pottery: Wheel-Throwing Open Studio	9/8-11/17	10th-Adult	2198.503
Tues, 2:30-5:30PM	**NEW!** Adult Pottery: Hand-Building Open Studio	9/8-11/17	10th-Adult	2198.505
Tues, 5:30-6:30PM	Feldenkrais: Re-Integrated Leg - **ONLINE**	9/15-11/10	10th-Adult	3155.502
Tues, 5:30-8:30PM	**NEW!** Adult Pottery: Hand-Building 101	9/8-11/17	10th-Adult	2198.501

Tues, 5:30-8:30PM	**NEW!** Adult Pottery: Learn the Ancient Art of sgraffito!	11/24 & 12/1	10th-Adult	2198.508
Tues, 6:00-7:00PM	Intro to Yoga	9/15-12/1	10th-Adult	3701.504
Tues, 6:00-7:00PM	Chair Yoga - **ONLINE**	9/15-12/1	Adult	3719.505
Tues, 6:00-7:00PM	**NEW!** Pilates Matwork	9/15-12/1	10th-Adult	3112.506
Tues, 6:00-7:00PM Thurs, 6:00-7:00PM	**NEW!** Pilates Matwork - Tues/Thurs COMBO Class	9/15-12/3	10th-Adult	3112.508
Tues, 6:00-7:00PM	Hiit Fit	9/15-12/1	10th-Adult	3106.505
Tues, 5:00-6:00PM & Thurs, 5:00-6:00PM	Women's Strength Training	9/8-10/1	12th-Adult	3167.501
Tues, 6:00-7:00PM & Thurs, 6:00-7:00PM	COED Barbell Basics: Strength Training for Adults	9/8-10/1	12th-Adult	3167.503
Tues, 5:00-6:00PM & Thurs, 5:00-6:00PM	Advanced Women's Strength Training	10/13-11/5	12th-Adult	3167.502
Tues, 6:00-7:00PM	Adult Hip Hop Street Dance	9/22-10/27	9th-Adult	1234.501
Tues, 6:00-8:00PM	Intro to Photography	10/20-11/10	10th-Adult	1253.501
Tues, 6:00-7:30PM	Spanish: Level 1	9/22-11/24	Adult	1509.501
Tues, 6:00-7:15PM	French Level 1: Questions & Conversation	9/22-10/27	10th-Adult	1512.501
Tues, 7:15-8:30PM	French Level 2: Questions & Conversation	9/22-10/27	10th-Adult	1586.501
Tues, 6:00-8:00PM	Estate Planning Basics	10/27 ONLY	Adult	1915.501
Tues, 6:00-8:00PM	Long Term Care/Medicaid Planning	9/29 ONLY	Adult	1916.501
Tues, 6:00-9:00PM	Retirement Planning Today	9/22 & 9/29	Adult	1923.501
Tues, 6:00-9:00PM	Acrylic Painting: Beginning & Continuing	9/1-10/27	10th-Adult	2186.501
Tues, 6:30-8:00PM	**NEW!** Beginner Graphite Pencil/Charcoal	9/22-11/24	8th-Adult	2184.501
Tues, 6:30-8:30PM	Beginning Sewing	9/8-10/27	Adult	1749.501
Tues, 6:30-7:45PM	Adult Ballet - Beyond the Basics	9/15-12/1	Adult	1628.501
Tues, 7:00-8:00PM	Social Dance 101	9/8-10/27	10th-Adult	2274.501
Tues, 8:00-9:00PM	Swing Dance Level 1	9/8-10/27	10th-Adult	2262.501
WEDNESDAYS	**Name of Class**	**Dates**	**Ages**	**Class ID#**
Wed, 9:15-10:30AM	Yoga Pilates - Flow Style - **ONLINE**	9/16-12/9	10th-Adult	3110.508

Wed, 10:00AM-12:00PM	Woodworking with Hand Tools 1 - Beginner	9/30-11/18	Adult	1714.503
Wed, 11:30AM-12:15PM	Yogilates® - **HYBRID**	9/16-12/2	12th-Adult	3176.502
Wed, 1:00-2:00PM	SHiNE Light™ Dance Fitness	9/16-12/2	12th-Adult	3168.502
Wed, 1:00-3:00PM	Ann Arbor SoprAltos	9/16-12/16	Adult	2867.501
Wed, 5:30-6:30PM	Healthy Back Yoga - **ONLINE**	9/16-12/2	10th-Adult	3724.504
Wed, 5:00-7:30PM	Adult & Pediatric First Aid/CPR/AED Certification - Blended Learning	9/30 ONLY	Adult	1964.501
Wed, 6:00-7:00PM	Zumba Fitness - **HYBRID**	9/16-11/11	Adult	3140.505
Wed, 6:00-7:00PM	Hatha Yoga	9/16-12/2	10th-Adult	3718.503
Wed, 6:30-8:30PM	Sewing Lab: Upcycling & Alterations	9/9-11/11	Adult	1382.501
Wed, 7:00-8:00PM	Swing Dance Level 2	9/9-10/28	10th-Adult	2262.502
Wed, 7:00-8:30PM	Virtual Cinema Club - **ONLINE**	9/23-10/21	Adult	2308.501
Wed, 7:00-8:30PM	Virtual Cinema Club - **ONLINE**	11/4-12/9	Adult	2308.502
Wed, 7:15-8:15PM	**NEW!** Adult Tap	9/23-11/18	Adult	1627.501
Wed, 7:45-8:30PM	Beginner Tang Soo Do (Korean Karate)	9/16-11/4	12th-Adult	3192.505
Wed, 8:00-9:00PM	**NEW!** Beginning West Coast Swing	9/9-10/28	10th-Adult	2628.501
THURSDAYS	**Name of Class**	**Dates**	**Ages**	**Class ID#**
Thurs, 9:30AM-12:00PM	Jewelry: Beginning and Continuing	9/24-11/12	9th-Adult	2163.501
Thurs, 10:30-11:30AM	Therapeutic Yoga - **HYBRID**	9/17-12/3	Adult	3750.504
Thurs, 5:30-6:15PM	Yogilates® - **HYBRID**	9/17-12/3	12th- Adult	3176.503
Thurs, 5:30-8:30PM	**NEW!** Adult Pottery: Wheel-Throwing 101	10/1-12/17	10th-Adult	2198.502
Thurs, 5:30-8:30PM	**NEW!** Adult Pottery: Hand-Building Open Studio	10/1-12/17	10th-Adult	2198.507
Thurs, 5:30-8:30PM	**NEW!** Adult Pottery: Learn the Ancient Art of sgraffito!	9/10 & 9/17	10th-Adult	2198.509
Thurs, 6:00-6:45PM	Strength Training	9/17-12/3	10th-Adult	3102.503
Thurs, 6:00-7:00PM	Cardio Dance & Pilates - **HYBRID**	9/17-12/3	10th-Adult	3108.507
Thurs, 6:00-7:00PM	**NEW!** Pilates Matwork	9/17-12/3	10th-Adult	3112.507

Thurs, 6:00-7:15PM	Yoga Flow - **ONLINE**	9/17-12/3	10th-Adult	3711.508
Thurs, 6:00-7:30PM	Improv for Non-Actors	10/8-11/5	9th-Adult	1632.501
Thurs, 6:00-8:00PM	American Sign Language (ASL): Level 1	10/22-12/3	9th-Adult	1502.501
Thurs, 6:00-8:00PM	Bridge for Beginners: Part 1	9/17-11/19	7th-Adult	1633.501
Thurs, 6:00-8:00PM	**NEW!** 3D Print an Electronic Game: Design, Print & Play!	10/1-10/29	Adult	2316.501
Thurs, 6:00-8:00PM	Adult & Child: Day of the Dead/Dia de Los Muertos	10/22 & 10/29	1st-12th	2188.501
Thurs, 6:00-8:30PM	**NEW!** Roll Your Own Sushi	9/24 ONLY	10th-Adult	2256.501
Thurs, 6:00-8:30PM	Mastering Tempeh: Learn to Make and Cook Tempeh	10/15 ONLY	Adult	1326.501
Thurs, 6:00-8:00PM	**NEW!** Adult & Child: Halloween Cookie Decorating	10/29 ONLY	1st-8th & an Adult	1623.501
Thurs, 6:00-8:00PM	**NEW!** Adult & Child Cooking: Tex-Mex Fun!	10/1 ONLY	8+ & an Adult	1672.501
Thurs, 6:00-8:00PM	**NEW!** Harvest Sweets: Cookie Decorating	11/24 ONLY	9th-Adult	1534.501
Thurs, 6:00-8:30PM	Hooked on Kindness: Crochet for a Cause	10/15 ONLY	10th-Adult	1983.501
Thurs, 6:00-8:30PM	Hooked on Kindness: Crochet for a Cause	11/12 ONLY	10th-Adult	1983.502
Thurs, 6:00-8:30PM	Hooked on Kindness: Crochet for a Cause - **SERIES**	10/15 & 11/12	10th-Adult	1984.501
Thurs, 6:00-8:30PM	Soba So Good! Handmade Buckwheat Noodles	10/22 ONLY	9th-Adult	2283.501
Thurs, 6:15-7:15PM	Intro to Yoga	9/17-12/3	10th-Adult	3701.505
Thurs, 6:15-7:15PM	SHiNE™ Dance Fitness	9/17-12/3	12th-Adult	3168.503
Thurs, 6:30-8:30PM	Watercolor: Beginning & Continuing	10/1-11/5	8th-Adult	2182.501
Thurs, 6:30-8:30PM	Woodworking: Beginning Cabinet Making	9/17-11/19	Adult	1298.501
Thurs, 7:00-8:30PM	Virtual Cinema Club - **ONLINE**	9/24-10/22	Adult	2308.503
Thurs, 7:00-8:30PM	Virtual Cinema Club - **ONLINE**	11/5-12/10	Adult	2308.504
Thurs, 7:30-9:00PM	Iyengar Yoga **- HYBRID**	9/17-12/3	10th-Adult	3706.508
FRIDAYS	**Name of Class**	**Dates**	**Ages**	**Class ID#**
Fri, 9:15-10:30AM	Yoga Pilates - **ONLINE**	9/18-12/11	10th-Adult	3110.509
Fri, 9:30-10:30AM	Zumba Toning with Light Hand Weights - **ONLINE**	9/18-12/4	Adult	3142.505

Fri, 6:30-7:30PM	Adult Fencing	9/18-11/6	10th -Adult	3501.506
Fri, 6:30-8:00PM	Haunted Ann Arbor Walking Tour	10/23 ONLY	Adult	1031.501
Fri, 6:30-8:00PM	Haunted Ann Arbor Walking Tour	10/30 ONLY	Adult	1031.503
Fri, 6:30-8:30PM	Woodworking with Hand Tools 2 - Intermediate	9/11-11/20	Adult	1736.501
Fri, 6:30-8:30PM	Woodworking with Hand Tools 3 - Advanced	9/11-11/20	Adult	1738.501
Fri, 7:00-7:45PM	Cardio Kickboxing	9/18-11/20	10th-Adult	3314.505
Fri, 7:00-8:00PM	Traditional Argentine Tango: Beginning Level 1	9/11-10/23	Adult	2653.501
Fri, 7:00-8:00PM	Traditional Argentine Tango: Beginning Level 1	10/30-12/18	Adult	2653.502
Fri, 7:00-8:00PM	Traditional Argentine Tango: Beginning Level 2	9/11-10/23	Adult	2654.501
Fri, 7:00-8:00PM	Traditional Argentine Tango: Beginning Level 2	10/30-12/18	Adult	2654.502
Fri, 8:00-9:00PM	Traditional Argentine Tango: Intermediate	9/11-12/18	Adult	2259.501
SATURDAYS	**Name of Class**	**Dates**	**Ages**	**Class ID#**
Sat, 9:00-10:00AM	Cardio Barre	9/19-11/21	10th-Adult	3104.505
Sat, 9:00AM-12:00PM	Adult & Child Woodworking Adventure	11/7 & 11/14	4th-8th	1763.501
Sat, 10:00-11:30AM	Iyengar Yoga - **HYBRID**	9/19-12/5	10th-Adult	3706.505
Sat, 10:00AM-12:00PM	Adult & Child: Let's Sew Together Level 1	10/17-12/5	1st-6th & an Adult	1637.501
Sat, 10:00AM-12:00PM	**NEW!** Michigan Wildflowers: Fall Native Seed Collecting	9/19 ONLY	Adult Individuals or Families (ages 5+)	2759.501
Sat, 10:00AM-12:00PM	**NEW!** Michigan Wildflowers: Fall Native Seed Collecting	10/17 ONLY	Adult Individuals or Families (ages 5+)	2759.502
Sat, 10:00AM-12:00PM	**NEW!** Michigan Wildflowers: Fall Native Seed Collecting	11/21 ONLY	Adult Individuals or Families (ages 5+)	2759.503
Sat, 10:15-11:15AM	Abs & Core for a Strong Back	9/19-11/21	10th-Adult	3172.505
Sat, 11:30AM-12:45PM	Adult Ballet - Absolute Beginners	9/12-12/5	Adult	1824.501
Sat, 12:30-2:30PM	Adult & Child: Let's Sew Together Level 1	10/17-12/5	1st-6th & an Adult	1637.502

Sat, 12:30-3:30PM	**NEW!** Adult Pottery: Wheel-Throwing Open Studio	9/12-12/5	10th-Adult	2198.504
Sat, 12:30-3:30PM	**NEW!** Adult Pottery: Hand-Building Open Studio	9/12-12/5	10th-Adult	2198.506
Sat, 7:00-8:30PM	Haunted Ann Arbor Walking Tour	10/31 ONLY	Adult	1031.504