

Weekly Program Schedule



MONDAY

TIME	PROGRAM	LEAD
9-10 AM	Weight Training	Farrod Clark
9 AM-3 PM	Open Track Hours	
9 AM	Flint & Genesee Group Small Business Support Hub	Terrance G.
10-11 AM	Sensational Senior Fitness Experience	Deborah Brooks
12-3 PM	Open Gym	Farrod Clark
4-7 PM	The Chosen Few Arts Council After School Program	Kendra Batson
5-6 PM	Weight Training	Farrod Clark
5-8 PM	Creative Expressions Dance Studio	Takiyah Jackson
6-8 PM	FWC Berston Boxing	Jason Crutchfield

TUESDAY

TIME	PROGRAM	LEAD
9-10 AM	Weight Training	Farrod Clark
9 AM-3 PM	Open Track Hours	
10-11 AM	Sensational Senior Fitness Experience	Deborah Brooks
12-3 PM	Open Gym	Farrod Clark
1-2 PM	Tai Chi	Brenda Glasschild
4-7 PM	The Chosen Few Arts Council After School Program	Kendra Batson
5-6 PM	Weight Training	Farrod Clark
5-8 PM	Creative Expressions Dance Studio	Takiyah Jackson
6 PM	Men's 40 & Up Basketball	Wes Patterson
6-8 PM	FWC Berston Boxing	Jason Crutchfield

WEDNESDAY

TIME	PROGRAM	LEAD
9 AM-3 PM	Open Track Hours	
12-2 PM	Smooth Steppers	Delois Jackson
12-3 PM	Open Gym	Farrod Clark
4-7 PM	The Chosen Few Arts Council After School Program	Kendra Batson
5-8 PM	Creative Expressions Dance Studio	Takiyah Jackson
6-8 PM	FWC Berston Boxing	Jason Crutchfield

THURSDAY

TIME	PROGRAM	LEAD
9-10 AM	Weight Training	Farrod Clark
9 AM-3 PM	Open Track Hours	
10-11 AM	Sensational Senior Fitness Experience	Deborah Brooks
12-3 PM	Open Gym	Farrod Clark
1-2 PM	Yoga	Brenda Glasschild
4-7 PM	The Chosen Few Arts Council After School Program	Kendra Batson
5-6 PM	Weight Training	Farrod Clark
5-8 PM	Creative Expressions Dance Studio	Takiyah Jackson
6 PM	Men's 50 & Up Basketball	Wes Patterson
6-8 PM	FWC Berston Boxing	Jason Crutchfield

FRIDAY

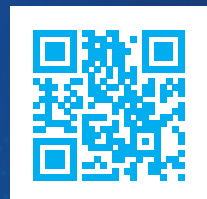
TIME	PROGRAM	LEAD
9 AM-3 PM	Open Track Hours	
12-2 PM	Smooth Steppers	Delois Jackson
12-3 PM	Open Gym	Farrod Clark
4-9 PM	Basketball League	Roc Clark
6-7 PM	Double Dutch 40 and Up	Donna Fair
6-8 PM	FWC Berston Boxing	Jason Crutchfield

SATURDAY

TIME	PROGRAM	LEAD
9 AM-2 PM	Creative Expressions Dance Studio	Takiyah Jackson
9 AM-3 PM	Open Track Hours	
10-11 AM	Levels Exercise Class	Quintin Carouthers

Stay Connected

Scan the QR Code to learn more about Berston Field House and sign up for our Newsletter.



This program and/or service is funded in whole or in part by the Genesee County Arts Education and Cultural Enrichment Millage funds. Your tax dollars are at work.

3300 N. Saginaw Street | Flint, MI 48505 | berston.org

Updated May 27, 2026