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**Sanders said the program** could serve up to 150 people a day, starting immediately. But that could grow to thousands more when a 40,000-square-foot facility in Detroit opens.

The building at 17287 Mt. Elliott was donated to the charity anonymously, Sanders said. He's working to raise money to turn it into a fitness facility complete with a swimming pool and an indoor synthetic turf field. "We expect a long list, and that's a good problem to have," Sanders said. "There's a need."

*The Fit offers news, trends and advice on running, yoga and other fitness pursuits every Sunday. From interesting places to run and moves that will make your abs scream to local trainers, check in every week to give your workout a boost. Contact KRISTA JAHNKE: 313-223-4493 or [kjahnke@freepress.com](mailto:kjahnke@freepress.com).*