



# MODIFIED MOVES MAXIMUM RESULTS

WE'LL MEET YOU WHERE YOU ARE

## ENHANCE®FITNESS

EnhanceFitness is geared toward older adults of all fitness levels. If you have a chronic condition, such as arthritis, you may be able to gain more strength and independence. You will feel energized—physically, mentally and socially—and be surrounded by people who care about your success.

## THE FACTS TELL THE STORY

Research has shown that among older adults who participate in EnhanceFitness, health costs were lowered by close to \$1,000 and 9 out of 10 people stay with the program. In addition, 99 percent say they'd recommend the program to a friend.

## YOU BELONG HERE!

Try out a class for free!  
Mondays, Wednesdays & Fridays  
9:30—1030 am  
Dance Room

The Family YMCA of Marion and Polk Counties and the National Council of Young Men's Christian Association of the United States of America ("YMCA of the USA") are committed to supporting healthy lifestyles through the EnhanceFitness program but do not guarantee



IT'S A FACT:

**99%**

of participants  
say they'd  
recommend the  
program to a friend.

### OUR SPACE

Monmouth-Independence Family YMCA  
301 Main St. S  
Independence, OR 97351  
(503) 838-4042  
[www.theyonline.org](http://www.theyonline.org)

Bring a friend!

### YOUR PACE

- The exercises are dynamic but can always be done at your pace
- Up to 25 people in each class: we provide chairs and soft weights
- Class meets 3 times per week and focuses on flexibility, balance, strength & movement
- Fitness assessment at beginning and every 4 months

