



For regular attendees, EnhanceFitness is proven to help adults:

- Grow stronger
- Improve balance
- Become more limber
- Boost activity levels
- Elevate mood
- Relieve arthritis symptoms



**FOR INFORMATION ABOUT
ENHANCE FITNESS PLEASE COME
AND TRY OUT A CLASS!**

Classes are held:

Monday, Wednesday and Friday
10:30—11:30 am

Salem Family YMCA
685 Court St. NE
Salem, OR 97301
(503) 581-YMCA (9622)

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Monday, Wednesday and Friday
9:30—10:30 am

Monmouth-Independence Family
YMCA
301 Main St. S
Independence, OR 97351
(503) 838-4042

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Classes starting soon at
Silver Falls Family YMCA
421 South Water Street
Silverton, OR 97381
(503) 873-6456

Or visit us online at www.theyonline.org

Bring this brochure in for your free pass to
Enhance® Fitness!!



FUN NEVER RETIRES

**Enhance® Fitness—Treating Arthritis
through Fun, Laughter and Friends
THE FAMILY YMCA OF MARION AND
POLK COUNTIES**



BECOME MORE ACTIVE, ENERGIZED, AND EMPOWERED

EnhanceFitness is a proven community based senior fitness and arthritis management program. Its purpose is to help older adults become more active, energized, and empowered for independent living.

EnhanceFitness has been nationally recognized by the Centers for Disease Control and Prevention, US Department of Health and Human Services, US Administration on Aging and the National Council on Aging.

The program consists of low impact exercise classes that are safe and challenging for older adults of all fitness levels.

EnhanceFitness exercises focus on increasing cardiovascular endurance, strength, balance, and flexibility which can help reduce arthritis symptoms. A certified instructor leads classes at a pace that works for each participant.

Of all EnhanceFitness' multiple benefits though, the one that matters most is that it's a great time. Classes are held in a relaxed atmosphere that promotes fun, laughter, friendship and smiles. That social interaction is proven to be a vital part of senior health and well-being.

So if you're an older adult, lift your body and your spirits and join us for the EnhanceFitness experience.

Cost:

Free for members!

\$120 for a 16 week session for non-members



IN EACH ENHANCE FITNESS CLASS, PARTICIPANTS WILL EXPERIENCE:

- A certified instructor with special training to bring out their physical best
- A 5-minute warm-up to get the blood flowing to the muscles
- A 20-minute aerobics workout that gets participants moving, or a walking workout to lively music
- A 5-minute cool-down
- A 20-minute strength training workout with soft ankle or wrist weights
- A 10-minute stretching workout to keep muscles flexible
- Multiple balance exercises
- Lots of opportunities to socialize and make new friends

