



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 CONTACT:

PAM STUART
270 821 9622
pam.stuart@hopcoymca.com
hopkinscountymca.com

Class Schedule

Hopkins County Family YMCA

Mondays, 11:00 AM
Wednesdays, 11:00 AM
Fridays, 11:00 AM



FUN NEVER RETIRES

**Enhance®Fitness—Treating Arthritis
through Fun, Laughter and Friends
HOPKINS COUNTY FAMILY YMCA**



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.

For more information, please visit, www.hopkinscountyyymca.com, or **Pam Stuart at 270 821 9622.**



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

