



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.

IT'S A FACT:

99%

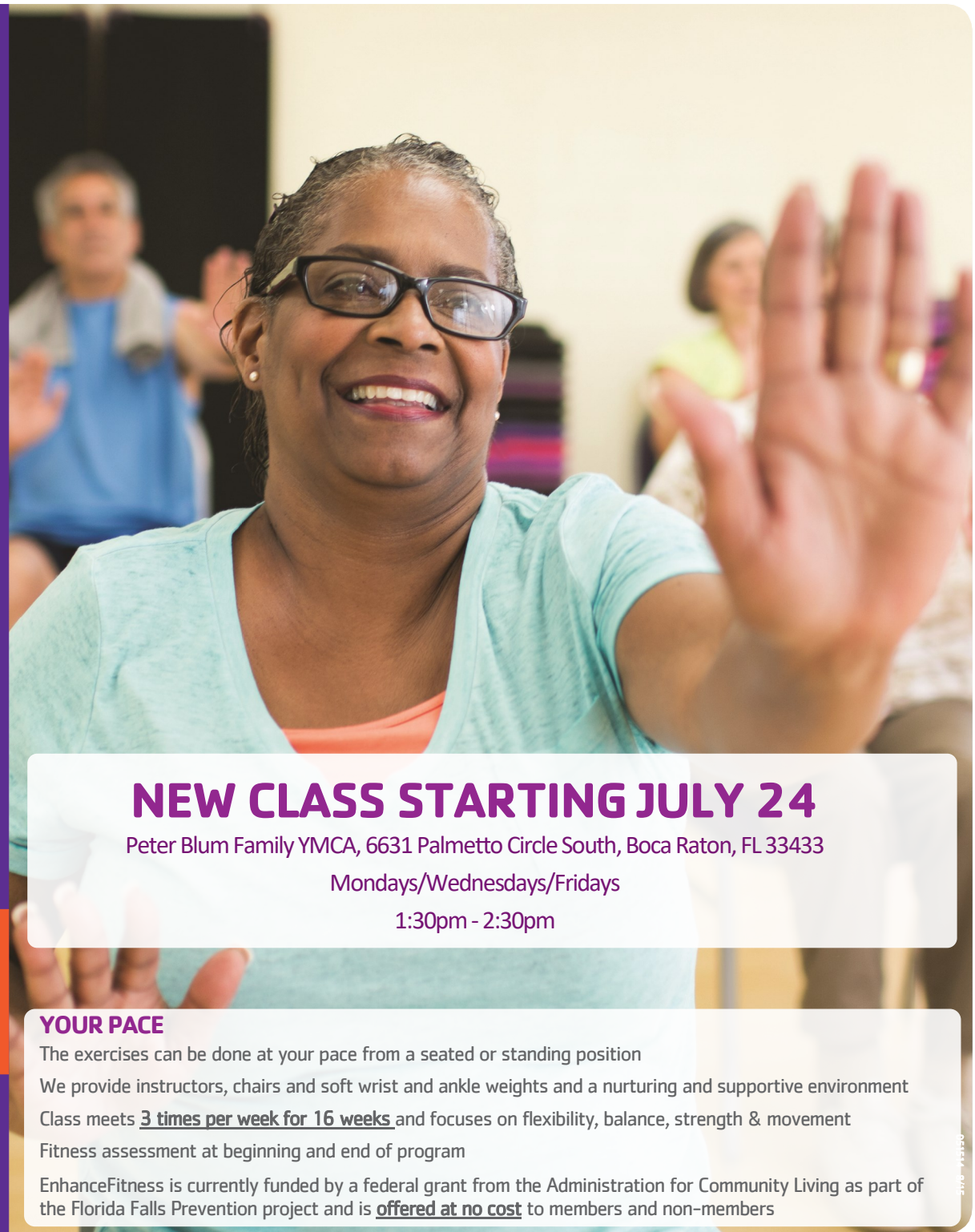
of participants
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program to a friend.

Ready to enroll?

Contact Robin Nierman
rnierman@ymcaspbc.org

(561)300-3227 OR visit YMCA membership desk

The YMCA Healthy Living Center 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 any specific outcomes for program participants.



NEW CLASS STARTING JULY 24

Peter Blum Family YMCA, 6631 Palmetto Circle South, Boca Raton, FL 33433

Mondays/Wednesdays/Fridays

1:30pm - 2:30pm

YOUR PACE

The exercises can be done at your pace from a seated or standing position

We provide instructors, chairs and soft wrist and ankle weights and a nurturing and supportive environment

Class meets **3 times per week for 16 weeks** and focuses on flexibility, balance, strength & movement

Fitness assessment at beginning and end of program

EnhanceFitness is currently funded by a federal grant from the Administration for Community Living as part of the Florida Falls Prevention project and is **offered at no cost** to members and non-members