



## EnhanceFitness (EF)

An award-winning group exercise program for older adults that's fun and interactive.

- EF helps you stay fit and learn how to exercise safely.
- Classes meet three times a week for 1 hour. You can keep taking classes for as long as you'd like.
- You'll do a series of stretches, low-impact aerobics, and strength training. All activities are tailored to your skills and health needs.
- Classes are led by specially trained fitness instructors.
- EF can help you:
  - Be more active and independent
  - Get stronger
  - Have better balance and flexibility
  - Improve your mood
- People who've taken EF say they're very satisfied and would recommend it to a friend.

**Look for a class near you. See the back of this flyer for locations and schedules.**



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