ACTIVE ENERGIZED & EMPOWERED

ENHANCE® FITNESS. Treating Arthritis through fun, laughter & friends

EnhanceFitness is a proven senior fitness and arthritis management program that improves your endurance, strength, balance & flexibility. It reduces your arthritis symptoms with safe, low impact exercises led by certified instructors in a relaxed atmosphere that promotes fun, laughter, friendship & smiles.

EnhanceFitness has been recognized by the CDC & other national organizations committed to improving the health of older adults.

Of all EnhanceFitness’ multiple benefits though, the one that matters most is that it’s a great time!

Contact Info
Heinrich Jonathan Jimenez | jjimenez@lasvegasymca.org | 702.877.9622
Durango Hills Leigh Acosta | lacosta@lasvegasymca.org | 702.240.9622
Centennial Hills Sonya Walker | swalker@lasvegasymca.org | 702.476.6750
SkyView Sonya Walker | swalker@lasvegasymca.org | 702.476.6750

EnhanceFitness Schedule
Heinrich YMCA| 4141 Meadows Lane
March 2nd– June 22nd, 2020

Durango Hills YMCA| 3521 N Durango Dr
March 2nd– June 22nd, 2020

Centennial Hills YMCA| 6601 N Buffalo Blvd
March 2nd– June 22nd, 2020

SkyView YMCA| 3050 E Centennial Pkwy
March 2nd– June 22nd, 2020

Register online! LASVEGASYMCA.ORG