



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Contact: Jennifer Arnold
Phone: (702) 476-6744
Email: jarnold@lasvegasyymca.org

ENHANCE® FITNESS

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



**Lift your body & your spirits!
Join EnhanceFitness today.**

COMMUNITY NEED:

- EnhanceFitness has been recognized by the CDC and other national organizations committed to improving the health of older adults
- Of all the benefits EnhanceFitness provides, the one that matters most is that it's a great time.

OUTCOMES:

- Relieved arthritis symptoms
- Increased strength
- Improved balance
- Improved flexibility
- Increased energy
- Meet new friends

PROGRAM FOR:

Older adults; people with arthritis

WHAT TO EXPECT:

Be more active, energized and empowered

16-WK PROGRAM FOCUSES ON:

- Relieving arthritis symptoms
- Improving balance & flexibility
- Increasing strength & energy
- Having fun and meeting new friends

ASSOCIATION COSTS:

- Members—included as benefit
- Non-Members—\$50 for 16 weeks