



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

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# 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