



# 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 would recommend the program to a friend.

## YOU BELONG HERE!

Check out our website for a detailed listing of our Enhance Fitness in the Lansing Community.

Go to [www.lansingymca.org/enhance-fitness](http://www.lansingymca.org/enhance-fitness)

IT'S A FACT:

**99%**

of participants  
say they'd  
recommend the  
program to a friend.

[YMCA] 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.



## OUR SPACE

**Westside YMCA : M/W/F 8:30–9:30am**

**Eaton Rapids Senior Center : M/W/TH**  
9am –10 am

**Foster Comm. Center : M/W/F 9am–10am**

**Sycamore Village : M/W/F**

8am–9am, 9:15am–10:15am

**Williamston HS Big Gym : T/TH 10–11am (Fee)**

**Dewitt City Hall: M/W/TH 1–2pm**

**Oak Park YMCA : M/W/F 10–11am**

## YOUR PACE

- The exercises are dynamic but can always be done at your pace
- Up to 25 people in each class. We provide chairs and soft weights
- Class meets 3 times per week and focuses on flexibility, balance, strength & movement
- Fitness assessment at beginning and every 4 months