

## THREE CLASSES IN ONE



### 1 STRENGTH TRAINING

Train with light weights, a key element of our fitness program.



### 2 FLEXIBILITY & BALANCE

Increase your range of movement and help prevent falls.



### 3 AEROBIC EXERCISE

Keep your mind sharp and help maintain your independent lifestyle.



## BENEFITS GAINED FROM AN EXERCISE PROGRAM

- Lower blood pressure
- Improve arthritic joint stiffness
- Reduce cholesterol
- Increase flexibility
- Relieve stress
- Improve sleep
- Maintain or lose weight
- Build muscular strength and endurance
- Decrease chances of falls and injury
- Make new friends

**YMCA OF MARQUETTE COUNTY**  
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Enhance Fitness is sponsored by:



# FUN NEVER RETIRES



**ENHANCE  
FITNESS**

A YMCA Initiative  
**A GROUP FITNESS  
CLASS DESIGNED  
JUST FOR OLDER  
ADULTS**

# A WHOLE LOT OF FUN

Now there's a low-cost fitness program designed for older adults just like you. Introducing Enhance Fitness, a lively and interactive hour-long class filled with variety. Participants are so enthusiastic that 99.4% say they would recommend this program to a friend.



# GROWING STRONGER TOGETHER

## A WHOLE LOT OF VARIETY

This fitness class is different from the start because it is based on scientific research and input from older adults like you. The result is one of the most effective fitness classes ever offered.

Enhance Fitness combines the three key components of fitness: strength training, flexibility and cardiovascular conditioning. To ensure safety, each exercise was developed by experts in the field of physical therapy, in conjunction with agencies serving older adults. The result is a fun and lively program that works!

At all times you work at your own pace. Your instructor provides individual attention and demonstrates variations and modifications to the program so you can find a level that is the perfect fit for you. All exercises may be performed seated or standing. Pre and post assessments will ensure success!

## WHAT TO EXPECT AT YOUR FIRST CLASS

Expect a casual atmosphere. Our one-hour class is attended by older adults like you interested in improving their life through exercise. Expect an energetic, certified instructor who leads our series of exercises and provides individual attention. Classes begin with a warm up period. At times, you work with light soft-weights (provided). Classes finish with a cool down session. For optimal results we suggest attending classes two times each week.

## READY TO START

Times vary upon location. We are currently offering classes at the YMCA of Marquette County and our West End Facility. Prices are free for members and \$35 for non members. There will be a fitness assessment during the first class.

## WHAT TO WEAR

- Loose fitting clothing
- Your smile
- Comfortable shoes or sneakers