

CLASS INFORMATION

**Monday, Wednesday &
Friday 10:45 am – 11:45am**

AS1

**FREE for members
\$5.00 per class
for non members**

Class is limited to 25

For more information please contact
Heather Wright at
hwright@marionfamilyymca.org or
call 740-725-9622

THREE CLASSES IN ONE

1

STRENGTH TRAINING

Training with light weights is 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 stay independent

BENEFITS GAINED FROM AN EXERCISE PROGRAM:

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



MARION FAMILY YMCA
645 Barks Road East
Marion, OH 43302
www.marionfamilyymca.org
740-725-9622



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

HELPING YOU LIVE BETTER

Enhance@Fitness
MARION FAMILY YMCA



A WHOLE LOT OF FUN!

Now there's a low-cost fitness program designed for older adults just like you. Introducing **EnhanceFitness**, 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.



“Who knew taking care of yourself could be such fun? Your fellow participants make this a class you look forward to each week.”

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 a fun and lively program that works!

EnhanceFitness 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 and with agencies serving older adults.

Your instructor provides individual attention and demonstrates modifications to the program so you can find a level that is perfect for you. All exercises may be performed seated or standing and you always work at your own pace.

WHAT TO EXPECT AT YOUR FIRST CLASS

Our one-hour class is attended by older adults like you—not athletes—interested in improving their life through exercise. Expect a casual atmosphere and an energetic, certified instructor. Classes begin with a warm-up period, followed by work with light soft-weights, and finish with a cool-down session. Interaction among participants is always encouraged—it's another benefit of the class!

WHAT TO WEAR

- Loose fitting clothing (nothing too fancy)
- Comfortable shoes or sneakers
- Your smile!

READY TO START

How about today? No need to make reservations; we have classes meeting this week. For optimal results, we suggest attending classes three times a week.

