



Enhance Fitness Program Update:

There is no cost for the program, but registration is required. Class will be held Monday, Wednesday, and Friday 10:45 – 11:45 am in AS1.

Class size will be limited to 25. The first 25 people to register will be accepted into the program at 10:45 – 11:45 am. After 25 registrants, a wait list will be created and/or an interest list for future classes. If there are 5 people or more on the wait list, a second class may be added.

A new session will begin every 16 – 18 weeks. The first session starts **Wednesday, April 1 and ends Friday, July 31, 2020**. There will be no on-going class. A participant must register for each session.

Registration begins March 16. Participants must register at the front desk. (No phone in registration.) The front desk will give you a Welcome packet. The Welcome Packet consists of a letter, registration form and health history form. The registration form and health history form must be returned to April Morrison before the start of the session.

Initial Fitness Checks will be held on March 23, 25, and 27 from 12:00 – 1:00 pm, which is before the April 1 class session begins. Please schedule your time with April Morrison after you have returned your paperwork. Follow-up testing will be held after the session ends on August 3, 5, and 7 from 12:00 – 1:00 pm in AS1.

The program requires a two (2) days a week commitment. Attendance will be taken and recorded. Participants that are not able to commit to two (2) days a week, but want to be in the program, are encouraged to discuss what other options might be available.

Class will consist of warm-up, cardio, strength training and cool down/stretching. Participant may use hand weights or wrist weights and ankle weights, if they want. Strength training will commence with one (1) set of 8 repetitions for both upper and lower body, and progress to 2 sets of 12 repetitions for upper body and 2 sets of 10 repetitions for lower body within the 16-week session, if a participant wants to go at that pace.

No EnhanceFitness classes will be held during August. The August class will be Silver Sneakers Classic.

The next EnhanceFitness class will start September 2, 2020 with registration open August 10 and initial testing the week of August 17, 2020. All dates are subject to change.