

## ENHANCE FITNESS

Enhance Fitness classes are a full hour of fun, Enhance Fitness focuses on dynamic cardiovascular exercise, strength training, balance, and flexibility— everything recommended for older adults to maintain health and function as they age.

### JOIN US FOR ENHANCE FITNESS!



#### YOU WILL LEARN TO:

- improve endurance, balance, strength, and flexibility.
- be more active.
- help to prevent falls.
- build muscle strength

#### WHO SHOULD ATTEND?

- Anyone who wants to improve their endurance, balance, strength, and flexibility
- Those with chronic conditions such as diabetes, high blood pressure or arthritis
- Anyone wishing to relieve feelings of depression and anxiety
- **THOSE WHO WANT TO HAVE FUN!**

Transportation  
Available



### CLASS LOCATIONS & TIMES

**Monday, Wednesday, Friday**  
**10:00am - 11:00am**

at

Senior Resource &  
Community Center  
93 S Gibbs St, White Cloud

&

St Bartholomew Church  
599 W Brooks St, Newaygo

*A program of the Area Agency of Aging of Western Michigan and provided by the Commission on Aging*

**Your body may change, but your worth does not.**



**NANCY - Newaygo**

1. What do you like most about leading fitness classes? **The people (the participants) are great!**
2. What's a fun fact about you? I like to joke around!
3. Your favorite song or artist to teach to? Michael Jackson,



**KATLYN - White Cloud**

1. What do you like most about leading fitness classes? I love being able to create a welcoming environment for participants to socialize and move their body. Exercise classes can be uncomfortable, so making sure everyone feels heard, cared for, and included is my favorite part.
2. What's a fun fact about you? I use to work at a Radiologic Technologist (x-ray tech) for 5 years.
3. Your favorite song or artist to teach to? I like teaching to what the participants know and enjoy. Who doesn't love singing along to a familiar song!