WE’LL MEET YOU WHERE YOU ARE

ENHANCE®FITNESS

Enhance® Fitness 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’ll 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 Enhance® Fitness 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’d recommend the program to a friend.

YOU BELONG HERE!

Call (810) 987-6400 now to get moving.

SUPPORTED BY:

Lake Huron Medical Center

YMCA OF THE BLUE WATER AREA

Mon/Wed/Fri (Level 2) 9:00 – 10:00 AM
Mon/Wed/Fri (Mixed) 10:00 – 11:00 AM
Mon/Wed/Fri (Level 1) 11:00 AM – Noon
Tues/Thurs/Sat 9:00 – 10:00 AM

FIRST UNITED METHODIST CHURCH – ST. CLAIR

St. Clair First United Methodist Church
Mon/Wed/Fri (Mixed) 9:00 – 10:00 AM
Mon/Wed/Fri (Mixed) 10:00 – 11:00 AM

LAKE HURON MEDICAL CENTER FORT GRATIOT

Mon/Wed/Fri (Mixed) 9:30 – 10:30 AM

YOUR PACE

• The exercises are dynamic but can always be done at your pace

◊ Level 1 is designed for the beginner and is primarily seated exercise

◊ Level 2 is primarily standing exercise

◊ Mixed combines seated & standing exercise

• We provide chairs and weights

• Class meets 3 times per week and focuses on cardio exercise, strength, balance and flexibility