

THREE CLASSES IN ONE

1 **CARDIOVASCULAR EXERCISE**

Keep your heart and mind sharp.

2 **STRENGTH TRAINING**

Training with light weights is a key element of our program.

3 **FLEXIBILITY & BALANCE**

Increase your range of movement and help prevent falls.

BENEFITS GAINED FROM AN EXERCISE PROGRAM:

- More Energy
- Better Balance; Better Sleep
- Increases in upper body and lower body strengths
- More Flexibility and Range of Motion
- More Feelings of Happiness
- Sense of Independence

For additional information:

YMCA OF GREATER FORT WAYNE

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FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

ACTIVE AND AGELESS

Enhance®Fitness
YMCA of GREATER FORT WAYNE

“Enhance®Fitness gets me up and keeps me moving. Besides the healthy benefits of the program, I have met incredible people that keep me coming back!”
-Kathryn

Our mission is to put Christian principles into practice through programs that build healthy spirit, mind and body for all.

“Enthusiastic teachers make this class fun and energizing!”
-Barb



ABOUT THE PROGRAM

Enhance[®]Fitness is an evidence based exercise program proven to **increase strength, improve balance, boost activity levels, and elevate mood.** The purpose is to help older adults **become more active, energized, and empowered** for independent living. The program consists of low impact exercises which are safe and offer a challenge for those who are more active to those who are just getting started.



LOW IMPACT CLASSES HIGH IMPACT RESULTS

“ I have gotten so much out of the Enhance[®]Fitness program. At my age (74) I feel like I am doing the best thing for my health. I have seen so many changes in my physical health and mind. The friendships I have made are a great bonus! ”
-Karen

GET READY TO MOVE!

The YMCA of Greater Fort Wayne is pleased to offer you Enhance[®]Fitness, a program designed to offer people with chronic health conditions such as arthritis, a way to improve energy, flexibility, balance and much more. Geared toward older adults, this program is led by certified fitness instructors who support you in reaching your personal goals. Everyone moves at their own pace. We meet you where you are and then you control the level of challenge in your work out.

