EnhanceFitness®
OPEN HOUSE
Monday, June 26
11:30 a.m. - 1:30 p.m.
Wellness Center
Large Group Fitness Room

WHAT IS EnhanceFitness?
• EnhanceFitness is a nationally recognized program geared toward older adults and those with chronic conditions with an aim to get you moving.
• It’s a beginner level program with a focus on strength, flexibility, movement and balance.
• It’s self-paced so it’s never more than you can handle.

WHAT'S HAPPENING at the OPEN HOUSE:
• YMCA instructors will provide brief demos of a typical program throughout the two-hour open house.
• Come during your lunch break.
• Bring your sneakers and try it out!

WHO SHOULD ATTEND:
• Employees and spouses/domestic partners, volunteers, and retirees

PINELLAS COUNTY PARTICIPANT TESTIMONY
• This is the first time in 10 years that I can touch my toes!
• What the class has done for me has far exceeded my expecations.
• It’s nice that it’s the same people going through the class—we’re all learning and improving together.
• Since taking the EnhanceFitness classes, my flexibility has improved greatly and I don’t get winded as easily.