



LOW IMPACT CLASSES.

HIGH IMPACT RESULTS.

GET READY TO MOVE

There's no doubt about it—*EnhanceFitness* gets you moving. And because you're encouraged to move at your own pace, it's never more than you can handle. We'll meet you where you are.

IT'S ALL ABOUT YOU

- *EnhanceFitness* classes are beginner level with a focus on strength, flexibility, movement and balance.
- Some people will be standing, some will be seated—and some will use the chairs to hold onto for support.

- It doesn't matter what others in the class are doing, only that you show up and are ready to move at a pace that's comfortable for you.
- Set your goals, and we'll help you meet them.

WHEN & WHERE

- Class is held 3 times a week on Mondays and Wednesdays from 5:15 to 6:15 p.m. and Fridays from 12:00 to 1:00 p.m.
- 16-week session runs from January 18 to May 5, 2017
- Annex Building, Room 429
400 S. Fort Harrison Avenue
Clearwater

FEE

- \$80 for 48 classes
- Payment is due by January 18.
- Check payable to YMCA of Suncoast. Send to the Wellness Program by interoffice mail.
- Minimum of 20 participants required.
- Your *EnhanceFitness* completion certificate will qualify you for the 2017 Get Fit incentive of \$70.

SIGN ME UP

Visit www.pinellascounty.org/hr/enhancefitness to register.

