



# ENHANCEFITNESS®

## What is EnhanceFitness®

EnhanceFitness® is an evidence-based program that shows improved health benefits with a regular attendance of at least 75% of classes. During a class, you will enjoy a full hour of fun, focusing on dynamic cardiovascular exercise, strength training, balance, and flexibility - everything older adults need to maintain health and function well as they age.

Participants use hand or wrist/ankle weights for strength training. Exercises can be done in a seated or standing position. Low participant to instructor ratio is maintained to allow close monitoring of form and safety. Instructors will conduct pre and post fitness assessments for each 4 month session.

If you are interested in having an EnhanceFitness® class in your community, please contact Program Coordinator, Mary Latta.



## Contact

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