

A New Way to Feel Better!

Learn how **EnhanceFitness**
can help you.



Be more active and energized
no matter your fitness level!

During class an **EnhanceFitness** teacher will lead you through activities. Track how you are doing with your teacher, make new friends and improve:

- Strength
- Flexibility
- Balance
- Energy
- Mood

This fun, small-group program meets

.....**3 times per week for 1 hour.**

Signing up has never been easier.

CLASS DATE

LOCATION

COST

ORGANIZATION
NAME

PHONE

EMAIL