

New this fall,

ENHANCE FITNESS CLASSES



ABOUT ENHANCE FITNESS

Enhance Fitness is an evidence-based physical activity program for older adults to help improve and maintain your functional fitness in a safe, welcoming environment. This nationally recognized program is designed to help you to stay active and enjoy social interaction. The instructors will teach you modifications and adjustments to fit your abilities and make this the most effective and enjoyable class for you.

- one hour of exercise
- once a week
- all fitness levels welcome
- led by a trained fitness professional

Classes are designed to:

- increase your heart rate with aerobic exercises
- improve your strength and balance
- encourage stretching
- include a safe warm up and cool down

CHOOSE FROM TWO LOCATIONS:

Berkley Community Center
2400 Robina Ave.
Berkley, MI 48072

Classes begin: Sept. 25, 9:30-10:30 a.m.

Cost: Free

Beaumont Coordinator: 947-522-1133

Sterling Heights Senior Center
40200 Utica Road
Sterling Heights, MI 48313

Classes begin: Sept. 17, 1-2 p.m.

Cost: A nominal entrance fee to the Senior Center will be collected the day of class (residents: \$0.25, non-residents: \$0.50).

Beaumont Coordinator: 947-522-1131

Registration is required and space is limited.
Register at any time as space permits.



FOR MORE INFORMATION OR TO REGISTER, VISIT [CLASSES.BEAUMONT.ORG](https://classes.beaumont.org)
OR **CALL 800-633-7377.**