



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

ENHANCE YOUR FITNESS

Class Starts
Monday June 21st, 2021
Monday, Wed., Friday (9:00 am—10:00 am)

Southwest YMCA

Free for Members
\$40 for Non-Members for 12
week session. Sign up at front
desk.

Taught by certified instructors,
Evelyn Rivera, Sylvia Hardy, Jaymee
Metzenthin, and Leslee Cantrell



LIFECHANGING

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What is Enhance Your Fitness?

Enhance Your Fitness, a low-cost, evidence-based group exercise program, helps older adults at all levels of fitness become more active, energized, and empowered to sustain independent lives.

“The women & men in the group are a great support system to keep me motivated to continue to exercise. Enhance Your Fitness has become a necessary element in my life.” – Enhance Your Fitness Participant

You can recognize an Enhance Your Fitness class by the relaxed atmosphere and the laughter in the room. A full hour of fun, Enhance Your Fitness focuses on dynamic cardiovascular exercise, strength training, balance, and flexibility — everything older adults need to maintain health and function as they age.

In a typical class, participants will experience:

- A certified instructor with special training in bringing out the physical best from older adults
- An 8-minute warm-up to get the blood flowing to the muscles
- A 20-minute aerobics workout that gets participants moving, or a walking workout to lively music that the class chooses
- A 5-minute cool-down
- A 20-minute strength training workout with soft ankle and wrist weights (0 up to 20 pounds)
- A 10-minute stretching workout to keep the muscles flexible
- Balance exercises throughout the class
- Lots of opportunities for participants to make new friends and acquaintances



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Depending on the class, participants may either be amongst peers of their own level of fitness or a group of various fitness levels from the frail to the more fit older adult.

Enhance Your Fitness classes do not require any special or expensive equipment. A certified instructor, who has completed the Enhance Your Fitness training, will safely lead the class through an hour of dynamic exercises at a pace that's right for the participants.

Over 99% of participants say they would recommend Enhance Your Fitness to a friend. The class is proven to:

- Increase strength. People who regularly attend class grow stronger, improve their balance, and become more limber.
- Boost activity levels. Even the unfit quickly find themselves able to do the things they want to do, safely and independently.
- Elevate mood. Research shows that exercise can help prevent depression, and Enhance Your Fitness participants say they feel better physically and emotionally.