



“I’m never going to leave this class. I have a lot of support, people to talk to, and it’s fun. And that’s why I’m here.”

—[Name here]

We’ll Get You There: One Class At A Time

Research has shown that among older adults who participate in EnhanceFitness, health costs were lowered each year by close to \$1,000. It’s no wonder 9 out of 10 people stay with the program.

Nationally Recognized & Available In Your Community

EnhanceFitness has been nationally recognized by the Centers for Disease Control and Prevention, US Department of Health and Human Services, US Administration on Aging, and the National Council on Aging.

Virtual Classes Now Available

Start: January 4th, 2021

End: April 23rd, 2021

Time: 10:00—11:00 am

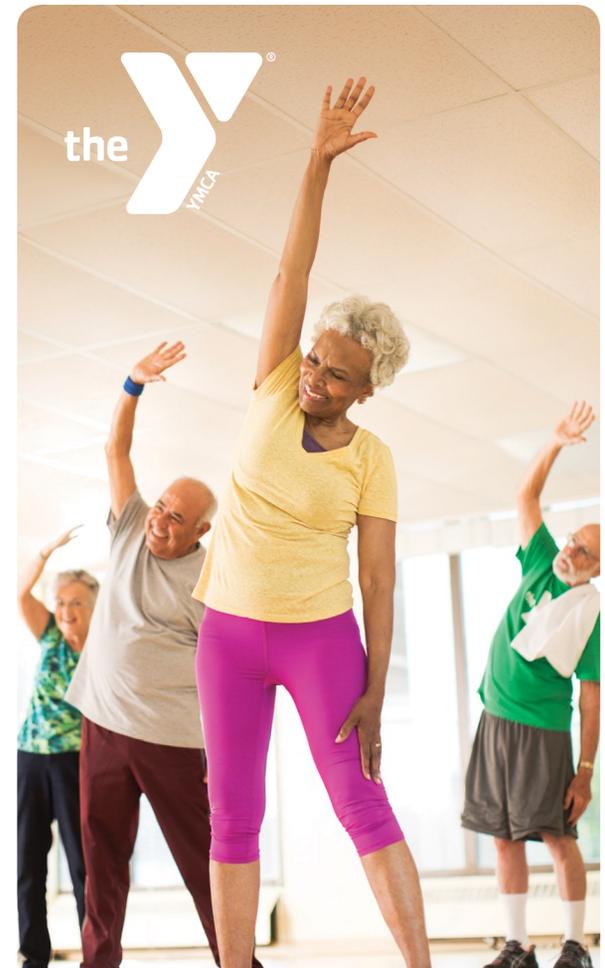
Days: Monday, Wednesday, Friday

Cost: \$40—YMCA Members
\$60—YMCA Non-Members

**Get moving today.
Contact us to get started.**

Williams YMCA of Avery County
436 Hospital Drive, Suite 145
Linville, NC 28646
828-737-5500 ext. 319 or 320
Laurenw@ymcaavery.org or Erins@ymcaavery.org

[YMCA] and the National Council of Young Men’s Christian Association of the United States of America (“YMCA of the USA”) are committed to supporting healthy lifestyles through the EnhanceFitness program but do not guarantee any specific outcomes for program participants.



**MODIFIED
MOVES
MAXIMUM
RESULTS**

Enhance®Fitness

LOW IMPACT CLASSES, HIGH IMPACT RESULTS

GET READY TO MOVE

There's no doubt about it—Enhance®Fitness gets you moving. And because you're encouraged to move at your own pace, it's never more than you can handle. In fact, we'll meet you where you are and help you gain strength, flexibility and balance.

Our aim: To help you feel better

EnhanceFitness is geared toward older adults, and those with a chronic condition, such as arthritis, need not worry; you'll never have to do anything that hurts.

We have chairs you can use for support, if necessary. When you're ready you can add soft ankle and wrist weights to your workout.

It's all about you

It doesn't matter what others in the class are doing, only that you show up and are ready to move. You'll set your own goals and we'll help you meet them. We measure your success with a personal fitness assessment every four months.

What you can expect:

- Classes meet three times per week for 60-minutes each via a computer, tablet, or smart phone.
- Some people will be standing, some will be seated—and some will use the chairs to hold onto for support.
- You'll notice that participants move at a pace that's comfortable for them.
- The class focuses on strength, flexibility, movement and balance.
- You'll make friends who will support you and cheer you on.

Here are some of the changes our participants have noticed in their bodies and minds:

- More energy
- Better balance
- Increases in upper body and lower body strength
- More flexibility and range of motion
- Better sleep
- More feelings of happiness
- Sense of independence



You'll feel energized—physically, mentally and socially. But don't take our word for it. Here's what some EnhanceFitness participants are saying about the program.

“The energy in the room is fantastic. The instructors are all wonderful. It's definitely a keeper.”

—EnhanceFitness Participant

“It's a little bit of everything.”

—EnhanceFitness Participant

IT'S A FACT:

99% say they'd recommend the program to a friend.