



ARTHRITIS RELIEF BETTER BALANCE TOGETHER

Enhance[®]Fitness
YMCA OF THE CAPITAL AREA

The YMCA's EnhanceFitness is a physical activity program comprised of three 60-minute classes per week. The classes are designed to safely increase participants' fitness levels through aerobic and strength training exercises while building a sense of community and social connectedness among class members. EnhanceFitness has been proven to increase participants' strength, balance, flexibility, mood, general activity level, and independence when they attend on a regular basis.

Program Begins SEPTEMBER 9!

YMCA Members: \$40

Program Members: \$80

To Register: visit the front desk of any of our 9 locations.

PAULA G. MANSHIP YMCA
Monday, Wednesday, Friday
1:30 pm

SOUTHSIDE YMCA
Monday, Wednesday, Friday
12:30 pm

Questions? Contact: Meredith Atterbery (225) 767-9622

PAULA G. MANSHIP YMCA
8100 YMCA Plaza Dr
P 767 9622

SOUTHSIDE YMCA
8482 Perkins Rd
P 766 2991

