



ENHANCE[®] FITNESS



Q. What is EnhanceFitness?

A. EnhanceFitness is an interactive, group workshop that has ongoing participation; each class session is 1 hour in length. The workshop is traditionally led by one certified facilitator.

Q. Who can benefit from EnhanceFitness?

A. EnhanceFitness is a low-cost, evidence-based group exercise program that helps older adults at all levels of fitness become more active, energized and empowered to sustain independent lives. Caregivers, friends, and family members can also benefit from this program as they learn skills and resources to support themselves and their loved ones.

Q. What does EnhanceFitness do for participants?

A. A full hour of fun, EnhanceFitness focuses on dynamic cardiovascular exercise, strength training, balance, and flexibility - everything older adults need to maintain health and function as they age.



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