

**OVER 60?**

**Healthy Aging classes designed for you**

**E-Fit**

Get one hour of physical activity all while having fun! The EnhanceFitness program is designed specifically for older adults and focuses on:

- Muscle strength
- Balance
- Endurance
- Flexibility
- FUN!

**Monday, Wednesday, Friday**

9:00a – 10:00a

**FIRST CLASS IS FREE!**



**Tai Chi**

This 45 minute graceful martial art is proven to:

- Improve balance
- Reduce falls
- Gain strength
- Increase flexibility
- Reduce pain
- Improve mental well-being

**Tuesday, Thursday**

11:15a – 12:00p

**Wednesday**

10:15a – 11:00a

**FIRST CLASS IS FREE!**

**Circuit**

This 45 minute class offers standing, low-impact choreographed movement with muscle strengthening using weights and tubes

- Muscle strength
- Balance
- Endurance
- FUN!

**Tuesday, Thursday**

9:00a – 9:45a

**FIRST CLASS IS FREE!**

**Yoga**

Need to stretch and tone? Come join our 45 minute class to strengthen muscles and increase flexibility! This yoga class is designed for older adults. Modifications are made so that everybody can safely practice this form of exercise.

- Restorative and energizing
- Improves mental clarity
- Relieves joint pain

**Monday** 10:15a – 11:00a

**Tues / Thurs** 10:00a – 10:45a

**FIRST CLASS IS FREE!**

