



# MODIFIED MOVES MAXIMUM RESULTS

WE'LL MEET YOU WHERE YOU ARE

## ENHANCE®FITNESS

Enhance@Fitness is geared toward older adults of all fitness levels. If you have a chronic condition, such as arthritis, you may be able to gain more strength and independence. You will feel energized—physically, mentally and socially—and be surrounded by people who care about your success.

## THE FACTS TELL THE STORY

Research has shown that among older adults who participate in EnhanceFitness, health costs were lowered by close to \$1,000 and 9 out of 10 people stay with the program. In addition, 99 percent say they'd recommend the program to a friend.

## YOU BELONG HERE!

Call (914) 963-0183 now to get moving.

IT'S A FACT:

**99%**

of participants say they'd recommend the program to a friend.

[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.



## FREE YMCA OF YONKERS ENHANCE®FITNESS CLASSES

(914) 963-0183

[EnhanceFitness@yoyymca.org](mailto:EnhanceFitness@yoyymca.org)

### Mondays, Wednesdays, and Fridays

- 9:30 AM **Maggiacomo Lodge**  
885 Midland Avenue
- 10:30 AM **Maggiacomo Lodge**  
885 Midland Avenue
- 12:00 PM **YMCA of Yonkers**  
17 Riverdale Avenue
- 1:15 PM **Flynn Manor**  
334 Riverdale Avenue

### Tuesdays, Thursdays, and Saturdays

- 12:00 PM **Cottage Place Gardens**  
Seniors Rec Room  
Building 4

### YOUR PACE

- The exercises are dynamic but can always be done at your pace
- Up to 25 people in each class: we provide chairs and soft weights
- Class meets 3 times per week and focuses on flexibility, balance, strength & movement
- Fitness assessment at beginning and every 4 months

### ENHANCE®FITNESS IS SUPPORTED BY:

- Community Development Block Grants from the City of Yonkers
- The Junior League of Bronxville
- The New York State YMCA Foundation
- The New York State Health Department
- The Kiwanis Club of Riverdale