



Enhance Fitness Program

(We are Starting Again Beginning **OCTOBER 5th**)!

TUESDAY'S, THURSDAY'S, and SATURDAY'S at 9:00 AM

Edgerly Hall; 121 Riverside Ave., Medford, MA

FREE!

Enhance Fitness is a group exercise program that helps older adults at all levels of fitness become more active, energized, and able to maintain their independence. It is an “evidence-based program”, meaning that it has been proven to work in multiple studies. Did we mention that it’s fun? Thanks to the generosity of the Malden YMCA and Mystic Valley Elder Services, it’s also FREE of charge.

3 FREE Classes in One

Strength Training. Flexibility and Balance. Aerobic Exercise. Enhance Fitness has you covered from every angle and uses an easy-to-understand format. Even if you haven’t exercised before or it’s been a while, you will be able to participate.

Proven Benefits of Participating

Evidence shows that by consistently exercising as part of a program like Enhance Fitness, participants have demonstrated:

- ☑ Lowered blood pressure
- ☑ Reduced joint stiffness
- ☑ Reduced cholesterol
- ☑ Increased flexibility
- ☑ Relieves stress
- ☑ Improves sleep and more!

We must wear our masks and follow social distancing measures