



Wanted: Adults 60+ years at average or below average fitness level!

This evidence-based fitness program includes FitChecks to measure fitness level at 4 month intervals

The Enhance Fitness Class is forming now!

Class Fee: \$12 per month or \$40 4 months/single
\$20 per month or \$70 4 months/per couple

Each class includes aerobic exercise, strength training and stretching.



Benefits

- Increase your strength.
- Boost your activity levels.
- Elevate your mood.
- Increase your flexibility.
- Better balance.
- Meet new people.

Enhance Fitness is ongoing.

Participants must be able to attend at least 2 classes a week for 4 months.

Class Fee: \$12 per month or \$40 4 months/single
\$20 per month or \$70 4 months/per couple

Monday February 14, 2011

Monday, Wednesday, Friday 9:00 a.m. - 10:00 a.m.

Drexel Heights Community Center

5220 South San Joaquin Avenue

For more information

Call Pima Council on Aging at

790-7262 or Drexel Heights at 883-4228

Space is limited so sign-up today!
Try your first class for free.
Register at the class!

There's still time to feel great in 2011!



This program is funded by a grant from Pima Council on Aging in collaboration with Pima County Parks & Recreation.