

ENHANCE FITNESS CLASS

Moderate-impact class with high-impact results! The Enhance Fitness class uses simple, easy to learn movements that motivate individuals (particularly those with arthritis) to stay active. More Energy! Better Balance! Increased Body Strength! Better Sleep! Led by a YMCA instructor.



Enhance Fitness

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Monday, Wednesday, Friday

10:30 a.m. - 11:30 a.m.

Crouch Senior Center, Ground Floor Room 005

Jackson County Department on Aging

788-4364