

ENHANCE FITNESS

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

**The Enhance Fitness Class is forming now!
New 4 month Session Starting soon!**

Monday, Wednesday, Friday 1:30 – 2:30 p.m.

This fitness program includes **FitChecks** to measure fitness level at 4 month intervals.

Enhance Fitness is ongoing.

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

**Class Fee:
\$15 per month**

**Ellie Towne Flowing Wells Comm. Ctr.
1660 W. Ruthrauff Rd.**

For more information call 887-9786 or
Register on line at www.pima.gov/nrpr

Benefits

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



Still time to Get things moving in 2016!

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



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

