



Meet the Instructor Maria Bingham

Hi, I'm Maria! I can't wait to start teaching EnhanceFitness again. It's a great program with proven benefits for participants. We focus on strength, flexibility, movement and balance, and the results are amazing!

We'll Get You There: One Class At A Time

Research has shown that among older adults who participate in EnhanceFitness, health costs were lowered each year by close to \$1,000. It's no wonder 9 out of 10 people stay with the program.

EnhanceFitness has been nationally recognized by the Centers for Disease Control and Prevention, US Department of Health and Human Services, US Administration on Aging, and the National Council on Aging.

Sign Up for Our Next Session!

Dates & Times:

January 23—May 26, 2023
Mondays, Wednesdays, Fridays
1:00pm—1:45pm

Location:

Nir Family YMCA
2710 Market St.
Wilmington, NC 28403

Cost:

YMCA Medical Members:
FREE for a 4-Month Program

YMCA Members (Not Medical)
\$108 for a 4-month program

Non-Members:
\$200Month for 4-Month Program

Contact:

Bridget Carroll
Director of Community Health
Programs, YMCA of SENC
Bridget.Carroll@ymcasenc.org
910-251-8196, ext. 273

How to Register:

Contact Bridget Carroll. See her
contact information above.



Enhance®Fitness

**Modified Moves.
Maximum Results!**



YMCA of Southeastern NC
www.ymcasenc.org/Enhance

LOW IMPACT CLASSES, HIGH IMPACT RESULTS

Get Ready to Move

There's no doubt about it, EnhanceFitness gets you moving. And because you're encouraged to move at your own pace, it's never more than you can handle. In fact, we'll meet you where you are and help you gain strength, flexibility and balance.

Our Aim: To Help You Feel Better

EnhanceFitness is geared toward older adults, and those with chronic conditions, such as arthritis, need not worry; you'll never have to do anything that hurts.

We have chairs you can use for support, if necessary. When you're ready you can add soft ankle and wrist weights to your workout.



It's All About You

It doesn't matter what others in the class are doing, only that you show up and are ready to move. You'll set your own goals and we'll help you meet them. We measure your success with a personal fitness assessment every four months.

What You Can Expect:

- Classes meet three times per week for 45-minutes each.
- Some people will be standing, some will be seated—and some will use the chairs to hold onto for support.
- You'll notice that participants move at a pace that's comfortable for them.
- The class focuses on strength, flexibility, movement and balance.
- You'll make friends who will support you and cheer you on.

Changes Participants Notice in their Bodies and Minds:

- More energy
- Better balance
- Increases in strength
- More flexibility and range of motion
- Better sleep
- More feelings of happiness
- Sense of independence



You'll feel energized — physically, mentally and socially. But don't take our word for it. Here's what some EnhanceFitness participants are saying about the program:

“The energy in the room is fantastic. The instructors are all wonderful. It's definitely a keeper.”

“It's a little bit of everything.”

“I'm never going to leave this class. I have a lot of support, people to talk to, and it's fun. And that's why I'm here.”

IT'S A FACT:

99%

Say they'd recommend the program to a friend.