

ENHANCE FITNESS ZOOM from HOME CLASS with Ken!

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 Ken, YMCA instructor.



**Pre-register and get
meeting ID**

by calling Laurie:

768-8691

LMead@mijackson.org

Enhance Fitness

Monday, Wednesday, Friday

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

**Zoom via computer or smartphone. No Internet?
No Problem! Call in and listen via Phone.**

Jackson County Department on Aging

1715 Lansing Avenue, Jackson, MI

PH: 517-788-4364 Website: www.mijackson.org/619