

JOIN US FOR



ABOUT ENHANCE FITNESS:

Get one hour of physical activity all while having fun! The EnhanceFitness program is designed specifically for older adults.

FOCUS ON:

- ♦ muscle strength
- ♦ balance
- ♦ endurance
- ♦ flexibility
- ♦ FUN!

MONDAY,
WEDNESDAY &
FRIDAY:
8:45 am - 9:45 am

MONDAY &
WEDNESDAY:
10:45am - 11:45 am



LOCATION:

Ionia County
Commission on Aging
Senior Center
115 Hudson St.
Ionia MI 48846

Suggested Donation of \$2 per class

For more information, call Ionia Senior Center
at (616) 523-5365 or email Rachel.ryenchar@ioniacounty.org

A program of the Ionia County Commission on Aging and the
Area Agency on Aging of Western Michigan