



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

IMPROVE YOUR HEALTH: JOIN AN ENHANCE® FITNESS CLASS AT THE YMCA



Are you 60 years of age or older and a Kitsap County resident? If yes, then through our partnership with the Kitsap Area Agency on Aging, you can join a 16-week, evidence-based Enhance®Fitness program at a YMCA near you, at no cost.

Three options to participate:

Haselwood Family YMCA (Silverdale): M | W | F 11:30a-12:30p

Tom Taylor Family YMCA (Gig Harbor): M | W | F 12:30-1:30p

Live Virtual Classes: M | W | F 11:00a-12:00p

To learn more, please visit: <https://www.ymcapkc.org/healthy-living/enhance-fitness>. To register, contact us at: 253-460-8931 | reclaimyourhealth@ymcapkc.org

WWW.YMCAPKC.ORG