

## REGISTER HERE

Please Print Legibly.

Participant First & Last Name \_\_\_\_\_

D/O/B \_\_\_\_\_

Gender (circle one)    M       F       Unspecified

Age \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ Zip \_\_\_\_\_

Email \_\_\_\_\_

Phone \_\_\_\_\_

I hereby consent to participate in this program and agree to release the Harrison Family YMCA, volunteers and sponsors from any claims that may arise from injuries suffered while participating in the program. I also grant permission to the Y to use any photographs or videography that are obtained as part of this program for future Y advertising and promotions.

Signature \_\_\_\_\_

Date \_\_\_\_\_

NONPROFIT  
ORGANIZATION  
U.S. POSTAGE  
**PAID**  
ROCKY MOUNT, NC  
PERMIT NO. 290

**HARRISON FAMILY YMCA**  
1000 Independence Drive  
Rocky Mount, NC 27804  
P 252-972-9622  
harrisonfamilyY.org

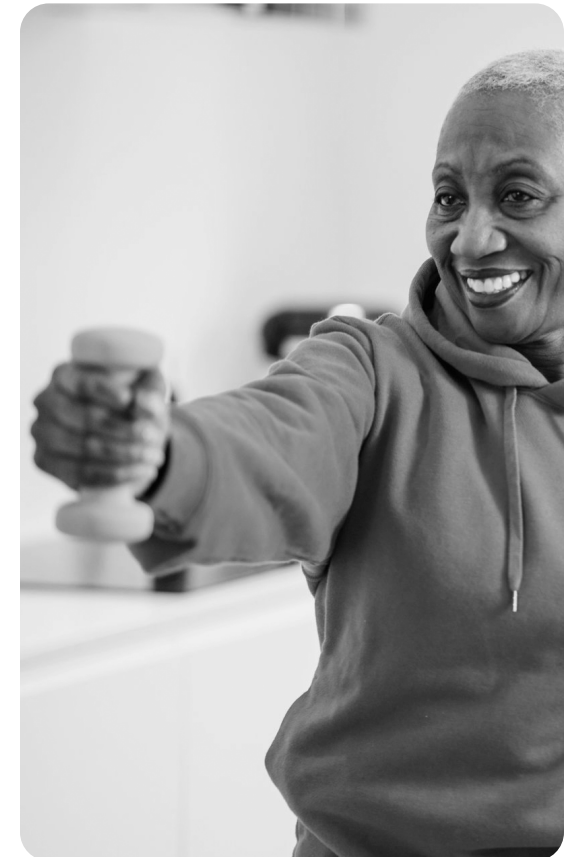


FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## MODIFIED MOVES MAXIMUM RESULTS

**Enhance® Fitness for Falls  
Prevention & Arthritis  
Virtual Program**

**HARRISON FAMILY YMCA**



## VIRTUAL ENHANCE®FITNESS PROGRAM

**YMCA of the USA's evidence-based program curriculum for Falls Prevention and Chronic Conditions such as Arthritis**

Enhance®Fitness is geared toward older adults of all fitness levels. If you have a chronic condition, such as arthritis, or are prone to falling you may be able to gain more strength and independence. You will feel energized- physically, mentally and socially- and be surrounded by people who care. This is a group exercise class taught by a trained and certified Enhance®Fitness YMCA instructor, where participants move at their most comfortable pace and are never pushed to do more than they can handle. Each class focuses on cardiovascular endurance, strength, flexibility and balance.



This program focuses on individualized attention, instruction, and measurable results.

- **Tracking of fitness levels**
- **Improve balance to prevent falls**
- **Develop & increase strength**
- **Boost activity levels**
- **Elevate mood with social interaction**

## CLASS SEGMENTS

- **warm-up**
- **movement to fun music**
- **cool-down**
- **strength training**
- **balance improvement**
- **stretching**

## SESSION DETAILS

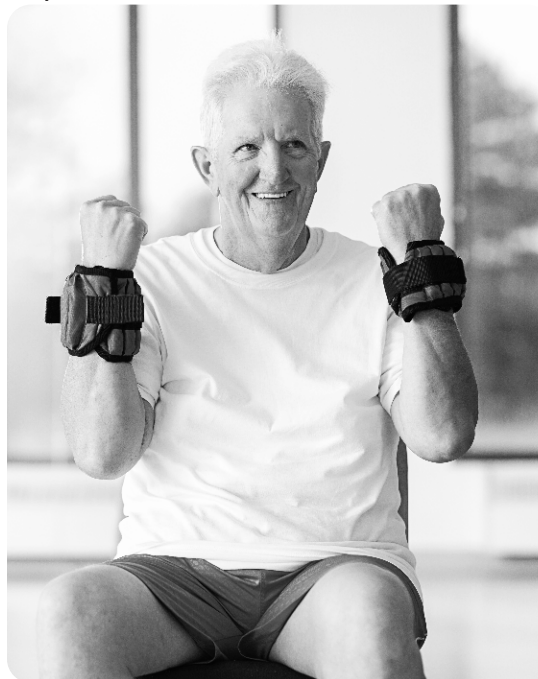
16-week sessions

**February 8<sup>th</sup> – May 24<sup>th</sup>**

**Mondays, Wednesdays and Fridays  
11:00 a.m. – 12:00 p.m.**

\*Encouraged to attend each day of the week during your session.

**Classes will take place via Zoom.** You will need to have internet capabilities and download Zoom to your device. You can do that here: <https://zoom.us/download>. Y Staff will send the link for each zoom class to your e-mail.



## QUALIFICATIONS & INFORMATION

- 18 years old and up
- Each session is limited to the first 12 registrations. Wait lists are available.
- All weights needed may be picked up at the Y with a signed waiver. Otherwise, you may purchase your own. E-mail Michelle Johnson at [mjohnson@rmymca.org](mailto:mjohnson@rmymca.org) for details on this.

## MEASURING SUCCESS

At the beginning of each session, participants will complete three fitness assessments to establish baselines. Those assessments are repeated at the end of the 16 weeks to measure progress.

## SESSION FEES

\$85/YMCA Members

\$100/Community Members

**Financial Assistance is available to those who apply and qualify thanks to funds raised through our Annual Campaign.**

