

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 _____

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HARRISON FAMILY YMCA
1000 Independence Drive
Rocky Mount, NC 27804
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harrisonfamilyy.org

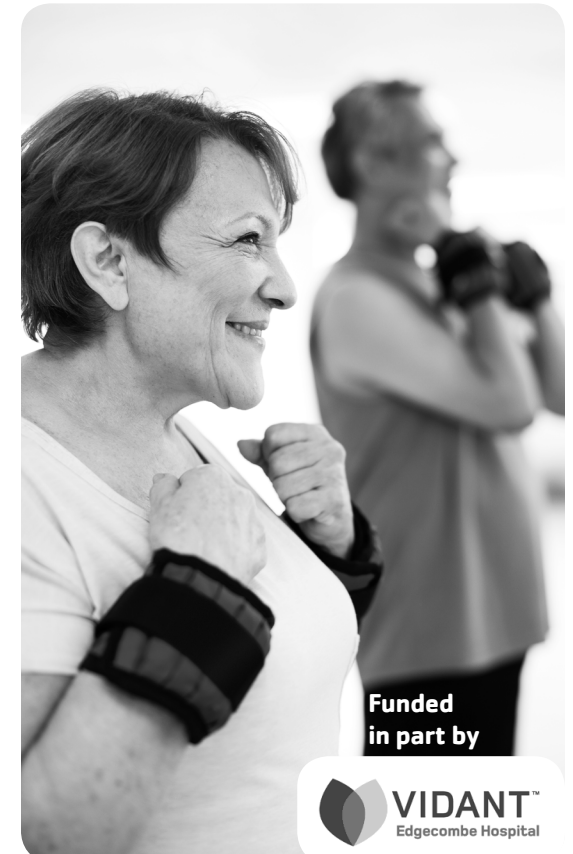


FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

MODIFIED MOVES MAXIMUM RESULTS

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

HARRISON FAMILY YMCA



Funded
in part by



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 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 enhanced version of the program focuses on individualized attention, instruction, and measurable results with a more limited class size than the initial launch of the program in 2018.

- **Better 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 DATES & TIMES

16-week sessions

Begins January 13th

Registration now has open enrollment the 1st of each month. If continuing with another session, you will need to re-register and pay the session fee.

Mondays, Wednesdays and Fridays 1:30 - 2:30 p.m.

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



QUALIFICATIONS & INFORMATION

- 18 years old and up
- Each session is limited to the first 25 registrations. Wait lists are available.

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

\$80/YMCA Members

\$100/Community Members

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

LOCATION

Harrison Family YMCA
Studio 1

