

# 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 am registering for

August 26<sup>th</sup> - December 13<sup>th</sup> Session

January 13<sup>th</sup> - May 1<sup>st</sup> Session

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  
P 252-972-9622  
harrisonfamilyy.org

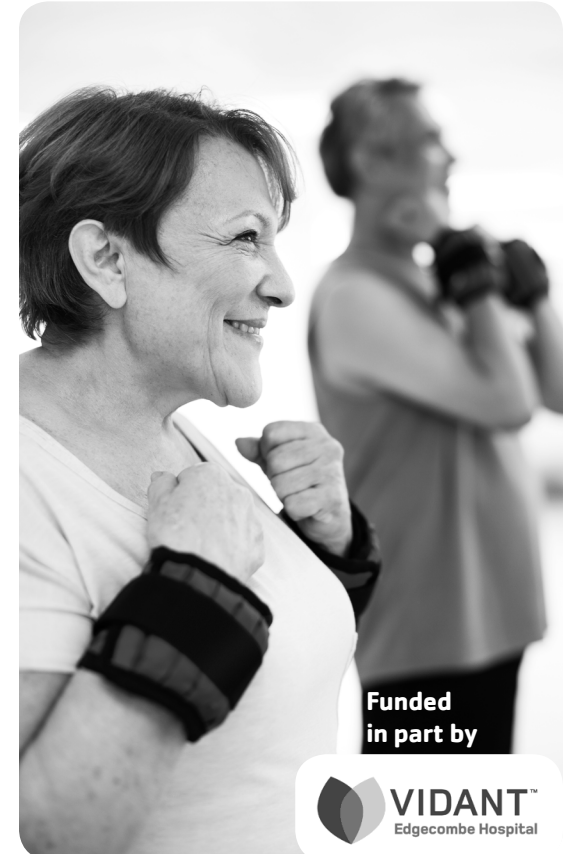


FOR YOUTH DEVELOPMENT<sup>®</sup>  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## MODIFIED MOVES MAXIMUM RESULTS

**Enhance<sup>®</sup> 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.



### ENHANCED INDIVIDUALIZED ATTENTION

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**

### CLASS SEGMENTS

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

### SESSION DATES & TIMES

16-week program sessions

**August 26<sup>th</sup> - December 13<sup>th</sup>**

Must register by Friday, August 23<sup>rd</sup>

**January 13<sup>th</sup> - May 1<sup>st</sup>**

Must register by Friday, January 10<sup>th</sup>

**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

### LOCATION

Harrison Family YMCA

Studio 1

