



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

ENHANCE® FITNESS CLASSES AT THE YMCA



Are you 60 years of age or older and a Kitsap County resident? If yes, then through the support of the Kitsap Area Agency on Aging, you can join a 16-week, evidence-based Enhance®Fitness program at a YMCA near you.

Three options to participate:

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

Tom Taylor Family YMCA: M | W | F 12:30p-1:30p

Virtual classes: M | W | F 11:00-12:00p

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

WWW.YMCAPKC.ORG