



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

YMCA Enhance®Fitness Program



Are you 60 years of age or older and a Kitsap County resident? Are you wanting to become more physically active, increase your stability and connect with other adults? 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 at no cost.

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 (ZOOM): M | W | F 11:00a – 12:00p

To learn more, please contact the Care Coordination Team at 253-460-8935 or Reclaimyourhealth@ymcapkc.org and/or complete our interest form by scanning the QR code on this flyer.

