



ACTIVE ENERGIZED & EMPOWERED

REGISTRATION

July 2 - August 16

SESSION DATES & TIMES

August 21 - December 15 (16 Weeks)

Monday, Wednesday, Friday 11:30 AM - 12:30 PM

COST

Free for members

Non-Members: \$150

LOCATION

J.A. Walters Family YMCA

2455 YMCA Drive, Gainesville, GA 30501

CONTACT

Emily.Young@gamountainsymca.org

770-297-9622 ext. 233

EnhanceFitness is an evidence-based group exercise program for older adults. If you have a chronic condition, such as arthritis, you may be able to gain more strength and independence.

This program is a CDC certified Falls Prevention Program and focuses on arthritis management.

