

# Enhance Fitness...

Interested in meeting people & having fun while improving your physical & mental health?!?

Enhance Fitness concentrates on “functional fitness” teaching isolated muscles to work together, preventing injury during daily living actions. Focus is on core training (abs, hips, and back); balance exercises; and strength work.

- \* Work major muscle groups for full range of motion promoting everyday ease of movement.
- \* Develop balance & strength to remain healthful, independent and injury-free.

**Mon. & Wed. & Fri.**  
**8:30-9:30 AM**  
**Mecosta County Senior Center**  
**12954 80th Ave., Mecosta**

**Mon. & Wed. & Fri.**  
**10:15-11:15 AM**  
**Eagles Hall**  
**Colburn Ave., Big Rapids**

**Call 231-972-2884 for info.**

