



Want to become fit and have a lot of fun?  
Start with **ENHANCE FITNESS!!!**  
Exercise classes with **you** in mind.

## What Is EnhanceFitness®?

**Enhance Fitness (EF)** is a fitness program geared toward improving the overall functional fitness and well-being of adults 18 & over.



## What's in it for you?

- Increased Strength
- Boost in Activity Level
- Improved Mood
- FUN!!!!



**1** hour **2** to **3** times a week

M/W/F 12:30-1:30pm  
Baxter Community Center  
935 Baxter SE  
Grand Rapids, MI 49508



For more information visit [nkfm.org/enhance-fitness](http://nkfm.org/enhance-fitness)  
or call **1.616.458.9520**