

## What Is EnhanceFitness®?

**Enhance Fitness (EF)** is a fitness program geared toward improving the overall functional fitness and well-being of primarily older adults (all adults welcome). A certified fitness instructor leads classes three times a week, providing social stimulation as well as physical benefits. Classes focus on cardiovascular conditioning, strength training, flexibility and balance training.

## What's in it for you?

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

## Qualifications

- Loose-fitting clothing
- Comfortable shoes or sneakers
- Your smile!!!

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

For more information call  
**616.458.9520**, visit  
[nkfm.org/enhance-fitness](http://nkfm.org/enhance-fitness) or  
[mihealthyprograms.org](http://mihealthyprograms.org)

Find us @KidneyMI



National **Kidney** Foundation®  
of Michigan

THANKS TO OUR PARTNER

SPECTRUM HEALTH

PriorityHealth

Awareness. Prevention. Treatment.

Updated 8.10.2018

KENT COUNTY



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



National  
**Kidney**  
Foundation® of  
Michigan

[nkfm.org/enhance-fitness](http://nkfm.org/enhance-fitness)

**94%** of participants report a positive change in physical ability after participating in EF classes, with **38%** of that group reporting “great improvement”

**72%** of participants have maintained or improved in measures of lower body strength and endurance & **64%** have maintained or improved in measures of upper body strength and endurance

## KENT COUNTY LOCATIONS

\*Classes are free unless donation or fee noted

**M|W|F 12:30-1:30pm**  
**Baxter Community Center**  
935 Baxter St SE  
Grand Rapids, MI 49506

## PARTICIPANT TESTIMONIALS

“When you get older, you need someone to help motivate you. Having people there to coach us and assist us to get started made it fun and easy to exercise.”  
- Dorothy, Ecorse Senior Center Participant

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“I am thankful for the trainer of the class and the NKFM’s Enhance Fitness for helping me stay mobile.”  
- Mollie, Turner Senior Resource Center Participant