

## Three classes in one.

### 1. Strength training.

Train with light weights—a key element of our fitness program.



### 2. Flexibility and balance.

Increase your range of movement and help prevent falls.



### 3. Aerobic & cardio.

Experience improvements in walking and breathing.



Join us for a life of better health.



## See you in class!

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Oklahoma State  
Department of Health  
Creating a State of Health



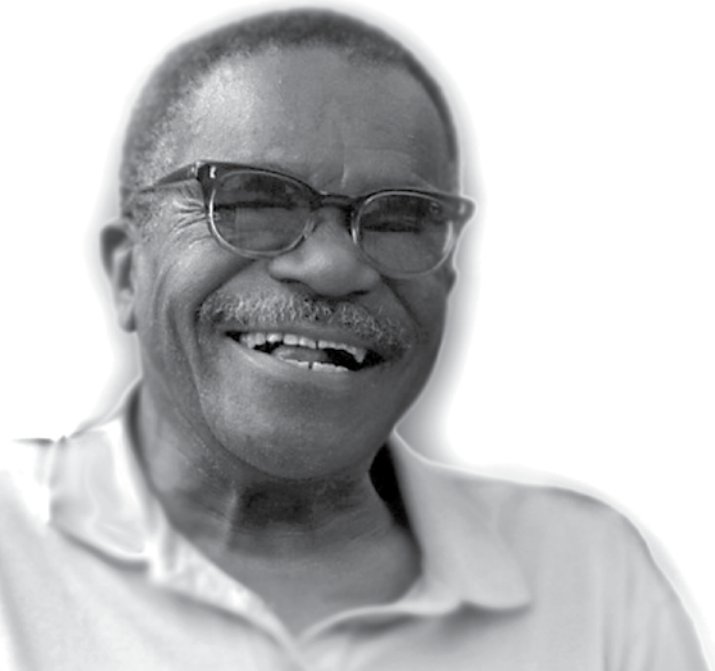
# Becoming fit just became a whole lot more fun.

Introducing a group  
fitness class designed just  
for older adults.

# Ready... set ... start!

## A whole lot of fun.

Now there's a low-cost fitness program designed for older adults just like you. Introducing *EnhanceFitness*, a lively and interactive hour-long class filled with variety. Participants are so enthusiastic that 99.4% say they would recommend this program to a friend.



## A whole lot of variety.

This fitness class is different from the start because it is based on scientific research and input from older adults like you. The result is one of the most effective fitness classes ever offered.

*EnhanceFitness* combines the three key components of fitness: strength training, flexibility, and cardiovascular conditioning. And to ensure safety, each exercise was developed by experts in the field of physical therapy, in conjunction with agencies serving older adults. The result is a fun and lively program that works!



And at all times you work at your own pace. Your instructor provides individual attention, and demonstrates variations and modifications to the program, so you can find a level that is a perfect fit for you.

*Who knew taking care of yourself could be such fun? Your fellow participants make this a class you look forward to each week.*

## What to expect at your first class.

Expect a casual atmosphere. Our one-hour class is attended by older adults like you—not athletes—interested in improving their life through exercise. Expect an energetic, certified instructor who leads our series of exercises and provides individual attention. Classes begin with a warm-up period. At times, you work with light soft-weights (provided). Classes finish with a cool-down session. For optimal results, we suggest attending classes three times a week. Interaction among participants is always encouraged—it's another benefit of the class!

## Ready to Start?

How about today? We have a class meeting this week. No need to make reservations. Call for our current class schedule. Our phone number is listed on the back.

### What to wear:

- Loose fitting clothing (nothing too fancy).**
- Comfortable shoes or sneakers.**
- Your smile.**