



LOW-IMPACT AEROBIC CLASSES FOR ADULTS OF ALL AGES AND FITNESS LEVELS, PROVIDED AT NO COST TO YOU!

## What is EnhanceFitness?

**EnhanceFitness (EF)** is a fitness program geared toward adults to improve their overall functional fitness and well-being.

## What's in it for you?

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

## How to register for EF:

- **Scan QR Code**



- **Call:** 734-222-9800 ex. 2080
- **Email:** [enhancefitness@nkfm.org](mailto:enhancefitness@nkfm.org)
- **Visit:** <https://bit.ly/3JXUnht>



## Current Classes

### Virtual

- Workshop A-Washtenaw: M,W&F 10:30am
- Workshop B-Oak Park: M,W&F 9:00am

### In Person

- Dozier Rec. Center, Inkster: M at 11am, W&Th at 10:30am
- Ypsilanti Township Rec. Center: M, T&F at 11am
- Grace Community, Detroit: W at 9am and Th&F at 11:30am
- Oak Park Service Learning Academy: M,T&Th at 4pm
- Ecorse Senior Center: M,W&Th at 11am

Pre-registration is required before starting any workshop.



*The NKFM is committed to providing access, equal opportunity and reasonable accommodation in its programs. To request accommodation contact the EF team at: 734-222-9800 or e-mail at [enhancefitness@nkfm.org](mailto:enhancefitness@nkfm.org).*