



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

ENHANCE FITNESS FOR ACTIVE OLDER ADULTS

**LOOKING FOR STRENGTH, BALANCE, AND FRIENDSHIP?
Enhance Fitness Is Available In Both Medford And Malden
OPEN TO THE COMMUNITY (YMCA MEMBERSHIP NOT REQUIRED)**

EnhanceFitness is a group exercise program that helps older adults at all levels of fitness become more active, energized, and able to maintain their independence.

Enhance Fitness is supported by a grant from Mystic Valley Elder Services through funding from the state's Executive Office of Elder Affairs and the Federal Administration for Community Living. Donations are Welcome.

Malden YMCA / 99 Dartmouth St.

Tuesday 10:30-11:30am
Thursday 10:30-11:30am
Saturday 11:40am-12:40pm (NEW TIME!)

Medford Housing Authority / 121 Riverside Ave.

Tuesday 10:30-11:30am
Thursday 10:00-11:00am
Saturday 10:00-11:00am

CHA Elder Service Plan Malden / 195 Canal St. Suite 110.

Monday 11:00am-12:00pm
Wednesday 11:00am-12:00pm
Friday 11:00am-12:00pm



MALDEN YMCA

99 Dartmouth St, Malden MA 02148

P 781 324 7680 F 781 324 7856 www.ymcamalden.org