



ENHANCE

Enhance Fitness Class. Now there's a *free* fitness program for older adults on weekday mornings at First Immanuel. People of all fitness and mobility levels and folks with disabilities are welcome; exercises are chair-adaptable! The class combines strength training, flexibility/balance, and aerobic/cardiovascular conditioning. Enhance Fitness was developed at the University of Washington especially for older adults, and participants work at their own pace. Enjoy a casual atmosphere and individual attention from a trained instructor. Simply come to class, or call Barbara Mahoney (503-736-6325 ext. 25953). The class meets at First Immanuel on Mondays, Wednesdays, and Fridays from 10:30 to 11:30 am in Sodergren Hall.

