

## Polk County Health Department providing a low-cost, evidence-based group wellness and exercise program for older adults.

**EnhanceFitness** is an exercise program for seniors that offer low-cost fitness classes taught by certified fitness instructors. The one-hour classes meet three times per week in ongoing, eight- week sessions. The classes include strength training with wrist and ankle weights, as well as aerobics, stretching, and balancing exercises. The program is designed to be safe and effective for seniors with a wide range of physical abilities. Studies have shown a marked improvement in participants' physical and social functioning, as well as a decline in areas such as pain, fatigue, and depression. The program is designed to be safe for physically unfit seniors, including the “near frail,” yet still challenging for more active seniors.

### Enhance Fitness Program Locations

Organization	Street Address	Classes	Time	Phone
Eastside Senior Center	1231 E. 26 <sup>th</sup> Street Des Moines, IA 50317	Mondays, Wednesday's, & Friday's	12:30-1:30 p.m.	515-265-8461
Northside Senior Center	Park Fair Mall 2 <sup>nd</sup> & Euclid Des Moines, IA 50313	Mondays, Wednesday's, & Friday's	10:00-11:00 a.m.	515-288-1524
Southside Senior Center	100 Payton Avenue Des Moines, IA 50315	Mondays, Wednesday's, & Friday's	3:00-4:00 p.m.	515-287-0092

The class sessions run six (6) weeks and the next session will begin on:

**Monday, April 19, 2010 through Friday, May 28, 2010**

**The next five (5) session dates are as follows:**

Monday, June 7 through Friday July 16, 2010

Monday, July 28 through Friday, September 3, 2010

Monday, September 13 through October 22, 2010

Monday, November 1 through December 10, 2010

Learn more about EnhanceFitness online at: [www.projectenhance.org](http://www.projectenhance.org)

For more information about EnhanceFitness classes in Polk County, call Tammy Keiter, Program Coordinator, at 515-286-3767 or email

[tammy.keiter@polkcountyiowa.gov](mailto:tammy.keiter@polkcountyiowa.gov)