



ENHANCEFITNESS

When:

Mondays, Wednesdays
and Fridays

August 22 through
December 21, 2022

Where:

Cherryland Community
Center

278 Hampton Road,
Hayward

Class Times:

9:30am-10:30am

11:00am-12:00pm

1:00 pm-2:00pm

Registration Required:

Come to class and
register in person, or
contact Spectrum at
510-209-0238



Spectrum Community Services Inc.

Fall Prevention Program

presents

“EnhanceFitness”

EnhanceFitness is an evidence-based group exercise and falls prevention program that helps older adults at all levels of fitness become more active, energized, and empowered.

A certified instructor will safely lead the class through an hour of exercises that help increase flexibility, balance, and strength at a pace that is right for all participants. This program is proven to improve physical function, decrease depression, protect against falls and fall injury, increase socialization and promote a physically active lifestyle.



Note: In-person classes require participants to be fully vaccinated for Covid-19 and wear a face covering to help stop the spread of viruses.