

VITALITY FITNESS

ALL TOGETHER BETTER

Vitality Fitness is an evidence-based program for older adults that uses easy-to-learn movements that motivate individuals (particularly those with arthritis) to stay active throughout their lives

**MODERATE-IMPACT
CLASSES WITH HIGH
IMPACT RESULTS**

**MONDAY, WEDNESDAY,
& FRIDAY
AT 11:00AM**



- More energy
- Better balance
- Increase in upper body and/or lower body strength
- More flexibility and range of motion
- Sense of independence
- Better sleep



**FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

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