



FOR IMMEDIATE RELEASE
November 12, 2019

Media Relations & Communications
Office: 727.815.7177
pio@mypasco.net

Galen Wilson Senior Center Hosts Free Enhance®Fitness Classes

~~Improve your health and wellness with a 16-week program designed for older adults~~

PASCO COUNTY, FL ---- Join [Pasco County Senior Services](#) in partnership with YMCA of the Suncoast for moderate-impact exercise classes with high-impact results! Enhance®Fitness is a FREE, 16-week senior fitness program beginning Monday, November 18, 2019, at the Galen Wilson Senior Center.

Designed for adults 55 and older, the program includes cardiovascular, strength training, balance, and flexibility exercises while fostering social relationships among participants. Classes are held Mondays, Wednesdays and Fridays from 1:15 p.m. to 2:15 p.m.

WHAT: Enhance®Fitness Classes

WHERE: Galen Wilson Senior Center
8600 Galen Wilson Boulevard
Port Richey, 34668

WHEN: November 18, 2019 – March 20, 2020
Mondays, Wednesdays, Fridays: 1:15 p.m. – 2:15 p.m.

Participants train at their own pace and can use chairs for support, if necessary. The program teaches simple, easy-to-learn movements and exercises that are sensitive to the needs of those with chronic conditions, such as arthritis.

To reserve your spot, please call the Galen Wilson Senior Center at 727.834.3340.

The [Pasco County Senior Services Division](#) is dedicated to supporting the health, vitality, independence, and well-being of seniors in Pasco County. Please connect with the [Pasco County Senior Services Division](#) through one of the [six senior centers](#) or through [social media](#) to learn more about services and activities offered, to make a [donation](#), or to learn about volunteer opportunities.

1 of 1



“Pasco County—Florida’s Premier County”