

# ALL TOGETHER BETTER

## VITALITY FITNESS

**Moderate-impact classes with  
High-impact results**

**Mondays, Wednesdays  
& Fridays  
11:00 AM**



## VITALITY FITNESS

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

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



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

