



Location:

**Grand Hall Studio
217 Oak Street
Farmington, MN**

For more information:

**Please call Amy
952-807-2417**

Join the Fun!

Make New Friends!



EnhanceFitness is a group exercise class that improves your balance, flexibility, bone density, endurance, coordination, and mental sharpness and decreases your risk of falling.

Sign up today!

Class size is limited

Free to UCARE members
All others \$2

**MONDAYS at 10am
WEDNESDAY at 11am**

Join us for a life of better health.