

Scholarship Request Form

Fitness for older adults

FROM THE CONVENIENCE OF YOUR OWN HOME!

Enhance Fitness

Virtual exercise classes for adults.

Oct. 19-end of Jan. (with holiday breaks)

Mondays, Wednesday, Fridays, 9-10 am.
(First couple of Mondays will be at 8 a.m.)

Three months, Up to 35 sessions \$125

Partial scholarships are available.

Inquire at emeelhuysen@myarborhealth.org

Enhance Fitness is an evidence based, national association for the aging recognized fitness program.



Arbor Health
REHABILITATION SERVICES

Register Online! MyArborHealth.org/adults-get-fit

For more info: 360-496-3593

Name: _____

Address: _____

Phone: _____

Email: _____

By signing below I am affirming that the total cost of the class would create a financial hardship and am asking for assistance as checked below. Forms of payment will be discussed when this application is accepted.

Subsidized total cost of class \$75 (approx. \$25/mos or \$2.15/class)

Subsidized total cost of class \$45 (approximately \$15/mos or \$1.30/class)

Signature: _____

Email to: jbrazil@myarborhealth.org