

Strength Training *For Bone Density*

For bones to increase and maintain their density, they require the application of weight-bearing force. The best exercises are not only weight-bearing but also exercises that have impact. This Specialty Program will use a combination of your own body weight, dumbbells and resistance band exercises for the entire body specifically to help maintain bone density.



Mondays & Wednesdays 11am-12pm

Upcoming Sessions:

December 3rd-January 2nd*

Member Rate \$69

Non-Member Rate \$99



Mashpee Fitness
168 Industrial Drive
508-477-6128

**No class 12/24 or 12/31*