

# 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*