MASHPEE
FITNESS CENTER

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:

October 7th-October 30th
November 4th-November 27th
December 2nd-December 30th*

Member Rate $69
Non-Member Rate $99

Mashpee Fitness
168 Industrial Drive
508-477-6128

**No class 12/25*