

# 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, resistance bands and the Keiser Strength Training Equipment for the entire body specifically to help maintain bone density.



**Mondays & Wednesdays 11am-12pm**

**Upcoming Sessions:**

January 6th-January 29th

February 3rd-February 26th

March 2nd-March 25th

**Member Rate \$69**

**Non-Member Rate \$99**



Mashpee Fitness

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