

# 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:**

January 7th-January 30th  
February 4th-February 27th  
March 4th-March 27th

**Member Rate \$69  
Non-Member Rate \$99**



Mashpee Fitness  
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