

health &  
wellness

at the  
Sabes JCC



# Strength Training for Women

**DAY/TIME:** Mondays • 4:00 - 5:00 PM

**LOCATION:** Sabes JCC

**COST:** \$117 • \$90 Member Value Price

## 5-WEEK SESSIONS:

Days & times will continue to form as  
small groups of 3 or more express interest

Have you noticed that your balance is not the same as it used to be? Could you benefit from strengthening your core muscles and improving strength? Join this small-group program that provides detailed instructions on the safe and proper use of free weights. It is designed to be effective and progressive through multiple 5-week phases, starting with essential exercises and proper techniques to increase balance and strength.

Did you know that strength training is essential to improving female health and bone density?

- Post-menopausal women have the highest rates of osteoporosis.
- The decrease in estrogen as a potent bone-builder, elevates the risk.
- Those taking steroids are at an elevated risk.
- By age 70, we only have about 50% to 55% of our muscle mass left.
- Studies continue to show that those who strength train over a period of time can help prevent bone loss and may help build new bone.

**Questions?** Please contact Chris Head at [chead@sabesjcc.org](mailto:chead@sabesjcc.org) or call Jory Kircher at 952-381-3418

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