

health &
wellness

at the
Sabes JCC



Strength Training for Women

DAY/TIME: Mondays • 4:00 - 5:00 PM

LOCATION: Sabes JCC

COST: \$94 • \$72 Member Value Price*

FALL 2019 SESSIONS:

1: September 9 - October 6 | *\$71 • \$54 *3 classes (no class 9/30)*

2: October 7 - November 3

3: November 4 - December 1

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 or call Jory Kircher at 952-381-3418

sabesjcc.org



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