



**NEW CLASS
STARTING
JANUARY 7th**

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



BUILDING BETTER BONES

MONDAYS @ 12:00p

This class is designed to increase strength, power and bone density incorporating lower body exercises, free weights and weight machines.

- promote development of muscle strength and power**
 - develop dynamic balance**
 - reduce the risk of fracture**

Join instructor Jane in the circuit area for this new class – free to Y-members.