



STRENGTH



**TUESDAYS
THURSDAYS
AND SATURDAYS
AT 8:00AM
IN MARIPOSA
WITH ROTATING
INSTRUCTORS**

As we age, our bone density and muscle mass tend to decrease. This can lead to a variety of health issues, including increased risk of fractures and falls. That's why it's important to engage in regular strength training exercises, like the ones in this functional training class. In this class, we use weights and bands to target all the major muscle groups in the body. By doing so, we not only improve muscle mass and bone density, but we also increase overall strength and mobility. This can translate to everyday activities becoming easier and less taxing on the body.

\$8 EACH CLASS

Pay by Member Charge or Unlimited Monthly Fitness Class Pass

(SGT classes, clinics & DV cycling classes excluded, passes are non-transferable and guests not included).