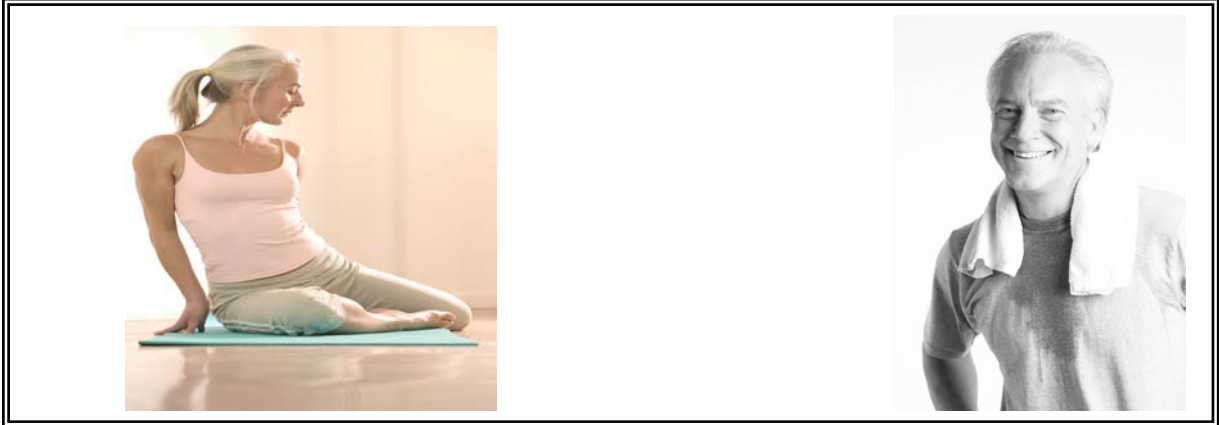


YMCA'S Strong Men and Women Strength Training Program

**TUESDAYS & THURSDAYS 12 WEEK SESSION
OCTOBER 20TH 10:00-11:00 AM
FREE FOR MEMBERS COMMUNITY \$50**



Strength Training offers physical, mental and emotional benefits

- Improves bone density
- Reduces risk for osteoporosis and related fractures
- Increases muscle mass and strength
- Reduces risk of diabetes, heart Disease, arthritis, depression and Obesity
- Improves self-confidence, sleep and vitality

Who Should Attend?

Women & Men 40 years of age and older who have been active or relatively sedentary for the past few years and are interested in improving their health, vitality and well being.

Classes – What to expect?

- Five minute warm up
- 8-12 strength-training exercises to promote proper body awareness, positioning, flexibility and posture
- Easy to use nutrition information
- Five minute cool down

For more information contact:
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gauthiert@northshoreymca.com

