

"GET STRONG ... GET HEALTHY"

A Low-Impact, Strength-Training Program

Did you know strength training helps to ...

- ♥ Replace fat with muscle
- ♥ Improve energy & balance
- ♥ Relieve arthritis symptoms
- ♥ Reverse bone loss
- ♥ Boost your metabolism
- ♥ Relieve depression & stress

Would you like to become stronger, healthier, fit, & trim?

Join us to check out this innovative exercise program!

WHEN & WHERE:

Blue Hill Town Hall, 2nd Floor

Mon/Wed/Fri 7:30-8:45 a.m.

Tue/Thur 4:00-5:15 p.m.

Sedgwick Elementary School

Mon/Thurs 4:15-5:45 p.m.

COST: \$4/session (or \$32 for 9 sessions)

Our instructors are trained and have received their certification from the International Fitness Association.

Please arrive 15 minutes prior to your first class. Be sure to wear layers of loose & comfortable clothing and a pair of sneakers.

It is also very important to bring a bottle of water.

Have fun while becoming leaner & stronger!

For more information about these classes, please call our Health Education Center (374-2836, Ext. 2131).



Healthy
Peninsula
Project

