

Human Performance

Build Better Bones



Are you concerned about osteoporosis or low bone density?

This class is dedicated to your bone health and will follow current clinical practice guidelines for individuals with low bone density. Weak, brittle bones can increase the risk of bone breaks, which can drastically affect your health and quality of life.

Learn safe forms of exercise that can help to load the bones in a way that improves their density. Resistance training will be used throughout the class to produce enough load on the bones to have a positive effect on bone density over time.

For more information or
to register, please visit the
Member Services desk.

DATES

March 11 through May 1

DAYS

Tuesday and Thursdays

TIME

9 a.m.

LOCATION

Human Performance area

COST

Members \$199

Non-members \$249



PROHEALTH WEST WOOD
HEALTH & FITNESS CENTER