



Better

**Weight training for Osteoporosis,
Protect your bones!**

Spring 2024 Session Dates:

Spring 6 Apr 16 - May 30 (7 wks)
Registration opens online for Members
Sun, Mar 3 and Tue, Mar 5 for all others.

Space is limited! Register online or on the BHC App www.beverlyhillsclub.com

Beverly Hills Club 31555 Southfield Rd., Beverly Hills MI just N of 13 Mile Rd (248)642-8500

Strength training prevents bone loss and even builds new bone. We lose muscle as we age. Maintaining strong muscles through weight training helps keep up balance and coordination critical in preventing falls.

Days	Time	#wks/#classes	Cost: Member / Other
Tu & Th	1 - 2p	7/14	\$154 / \$242

Important Program Information: Classes MUST be paid for at the time of registration.. -Once Classes started No Credits or Refunds will be issued. -No Make-ups.-No prorating of classes until after the first week.-Prorating only if there are still openings and charged for the balance of the session.