

For women! **BETTER BONES**

The benefits of Strength Training in preventing bone loss.

Fall 1 | Sept 3-Oct 6

Class meets for 5 wks

Registration opens online Aug 12th members
& Aug 14th for others**

Fall 2 | Oct 7-Nov 17

Class meets for 6 wks,

Registration opens online Sep 15th members
& Sep 17th for others**

Fall 2024



This course focuses on women and the benefits of Strength Training in preventing bone loss. As women age, they experience muscle loss. Maintaining muscle strength is crucial for sustaining balance and coordination. Resistance training, such as weightlifting, using resistance bands, or other exercises, is advantageous for women as it improves bone density and weight control. The stress placed on bones during resistance training stimulates the production of bone-building cells, resulting in denser and stronger bone tissue. Furthermore, resistance training can enhance metabolism, assisting in weight management.

Meets: Tue & Thu 1-2p

Cost: Fall 1 | \$147 member / \$231 other **

Fall 2 | \$176 member / \$277 other **

BHC
BEVERLY HILLS CLUB

www.beverlyhillsclub.com

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(248)642-8500

****Annual Non-Member Fee**

Fee for an Individual is \$29, and \$39 for a Family. Register online. This is necessary to take part in club activities, programs, and services for non-members. As a extra bonus you will receive a Guest Pass valued at \$25 individual and \$40 family