



Better Bones

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

Fall 2023 Session Dates:

Fall 2 Oct 3 - Nov 9 (6 wks)
Registration opens online for Members Sun, Sept 10
and Mon, Sept 11 for all others.

Fall 3 Nov 14 - Dec 21 (5.5 wks off Thanksgiving)
Registration opens online for Members Sun, Oct 8
and Mon, Oct 9 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	F2 6/12 F3 5.5/11	F2 \$168/\$264 F3 \$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.