

BONE BUILDERS CLASSES OFFERED



Bone Builders is an osteoporosis prevention exercise class using a combination of weight bearing, balance, and stretching exercises. Classes include standing and sitting exercises using hand and ankle weights for resistance training.

Join us on **MONDAY AND FRIDAY 10-11 AM**

At the
Seneca County Office for the Aging
2465 Bonadent Drive, Suite 4
Waterloo, NY 13165

CLASSES BEGIN ON MARCH 5, 2018

The Class is led by Marylois Schott, Certified Instructor

Call (315) 539-1765 to sign up

