

# STRENGTH & CONDITIONING EXERCISE CLASSES

for all abilities



**M O N D A Y S**

**1 p.m. - 2 p.m.**

**DOWNTOWN CENTER**

560 Pleasant Street  
New Bedford, MA 02740  
508.991.6255

Only  
\$3  
per  
class

**T H U R S D A Y S**

**9:45 a.m. - 10:45 a.m.**

**BROOKLAWN CENTER**

1997 Acushnet Avenue  
New Bedford, MA 02745  
508.961.3100



If you suffer from arthritis, neck pain, back pain, leg pain, you can help reduce your aches by increasing your muscle and bone density through exercise.

Always consult your doctor before starting any exercise program.



Certified Personal Trainer, Larry Bigos, Health-n-Motion Instructor, conducts a weekly exercise class to **increase bone density and strengthen muscle**, all in a 1-hour wellness program. Students are encouraged to use hand-weights, but it's not necessary. Half of the class time consists of **various flexibility exercises to all major muscle groups**.

The benefits of strength conditioning, general exercise and diet to one's overall health are also taught. Information is provided during class and via handouts.

This class is excellent for people with or without physical disabilities.