

## Strength Training for Bone Health Wednesday and Friday 11:00 – 11:45 am

Strength Training for Healthy Bones is a comprehensive exercise program provided by the Shiley Fitness Center of Scripps Clinic. This class is designed to safely minimize bone loss and promote bone health. This strength-based class will utilize weights, band, and yoga to build stronger bones, improve balance, and promote functional strength and fitness.

**Location:**

Yoga Room -Scripps Shiley Sports and Health Center  
10820 North Torrey Pines Road, La Jolla, CA 92037

**Cost:**

Free trial class for first time guest

\$50/month membership includes all Shiley exercise classes, full access to the fitness center strength and cardiovascular equipment, pool, beautiful amenities, and locker rooms.

**Other Bone Building Services Offered:**

**Juvent:** Free with Fitness Center Membership

**Personal Training:** \$50/30 min. \$80/60 Min.

Call for more information on cost saving personal training packages.

**Contact:**

Scripps Shiley Sports and Health Center  
[Scripps.org/ShileySportsFitness](http://Scripps.org/ShileySportsFitness)  
(858) 554-3488