

SMART STRENGTH

with Amy Strom

Certified Personal Trainer & Certified Yoga Therapist

Fridays | 1:30-2:30 PM

Strength & Grace Yoga & Wellness

Begins July 18

\$20 per class

You know you should be strength training to support your bones and muscle mass as you age... this class is for you!

In Smart Strength, you'll build strength from the inside out—starting with your core and supporting muscles.

Using body weight and resistance bands, you'll train areas that often get overlooked in traditional workouts.

- ✓ Work at your own pace
- ✓ Improve strength & mobility
- ✓ Increase balance
- ✓ Reduce your risk of injury
- ✓ And have fun doing it!

Text or email Amy to join:

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