



Stronger Women Age Well



About...

Would you like to pick up some tips on how to get started with strength training? Our new program 'Stronger Women Age Well' is a fantastic chance to learn basic moves designed to build muscle strength.

This class will use a combination of body weight, light weights, resistance bands and (just a little bit of!) cardio.

In addition to the group exercise session, we will use this time to discuss the health benefits of building bone density and increasing muscle mass. This group is great for ladies 40+ who would like to try something new and learn how to maintain and build strength as they get older, and can also be very beneficial for anyone going through the menopause who needs or wants to increase activity, in a safe space with like-minded people. And we promise you won't turn into The Hulk as soon as you pick up a weight! support you.

When does this programme happen?

The programme is held three times throughout the year and lasts a total of 9 weeks. The first will start in January, the second in April and the third in September/October.

Where is it?

YMCA Bridgwater, Friarn Avenue, TA6 3RF.

