

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	2 Weeknight Spinning will resume soon.	3 9-10am Yoga with Brina	4 Weeknight Spinning will resume soon.	5 9-10am Yoga with Evelyn	6 6pm Ballroom Dancing with Juan <i>Join the Team!</i>	7 8:30-9:30am Spinning with Fred
8	9 Weeknight Spinning will resume soon.	10 9-10am Yoga with Brina	11 Weeknight Spinning will resume soon.	12 9-10am Yoga with Evelyn	13 6pm Ballroom Dancing with Juan <i>Join the Team!</i>	14 8:30-9:30am Spinning with Missy
15	16 Weeknight Spinning will resume soon.	17 9-10am Yoga with Brina	18 Weeknight Spinning will resume soon.	19 9-10am Yoga with Evelyn	20 6pm Ballroom Dancing with Juan <i>Join the Team!</i>	21 8:30-9:30am Spinning with Missy
	23 Weeknight Spinning will resume soon.	24 9-10am Yoga with Brina	25 Weeknight Spinning will resume soon.	26 9-10am Yoga with Evelyn	27 6pm Ballroom Dancing with Juan <i>Join the Team!</i>	28 8:30-9:30am Spinning with Missy

**ASK FRED
 WHY YOU
 NEED A
 POLAR
 HEART
 MONITOR!**

30
 Weeknight
 Spinning will resume soon.

What do bones have to do with exercise? What kind of exercise can help increase your bone density and strength? We know a well-designed fitness plan helps us build muscle mass, but a lesser known fact is that while we're building that muscle mass we're also building bone mass. High impact resistance exercises build bone density. Our workouts need to have a certain degree of impact and/or resistance, a threshold known as minimal essential strain, past which bone growth occurs. Osteoblasts form at the site of impact and those cells release collagen and other proteins across the surface of the stressed bone - which harden in time. It's always smart to consult your doctor and a trainer first, to determine how healthy your bones are at the moment and to plan where on the impact/resistance continuum you should begin. You can't make any progress if you injure yourself! If you'd like to know more, talk to one of us - and start building bone! - JD