



WOMEN'S OsteoBLAST

Balanced Level of Anaerobics & Strength Training



Mondays, November 2 – December 7

11:00 am – 12:00 pm

Weinberg Park Heights JCC – Fitness Studio (TBD)

Are you ready to move beyond just “maintaining” your bone health and start actively building it? Welcome to a specialized training program designed to stimulate bone growth, improve posture, and build total-body power. Led by Certified Personal Trainer Marcie Koteen, this training is perfect for women looking to proactively manage osteopenia or osteoporosis, improve their balance, and build a resilient body that supports an active, independent lifestyle.

Training limited to six participants

Fee: \$210/person. JCC Members only

REGISTER AT jcc.org/SmallGroupTraining

For questions or registration support, contact Denard Smith
at dsmith@jcc.org | 410.500.5921 or Marcie Koteen | 443.802.5517.