

Growing Stronger Program

(Strong Women™/Strong Men)

LIFTING WOMEN TO BETTER HEALTH



Your Growing Stronger Classes Will Meet:

Days: _____ Mondays and Wednesdays – beginning July 27 / ending September 2 _____

Time: _____ 7 – 8 PM _____

Location: _____ Bodies in Balance, Milford _____

All Growing Stronger Program Participants Should Wear:

- Comfortable, loose, breathable clothing
- Closed-toe shoes with rubber soles, preferably athletic shoes or sneakers
- Minimal jewelry – especially on hands and wrists

For Each Class, Growing Stronger Program Participants Should Bring

- At least one full water bottle
- 1-2 sets of appropriate weight dumbbells (can be purchased after 1-2 classes)
- At least one adjustable ankle weight, a pair is recommended (can be purchased after 1-2 classes)
- Bath towel