



# **Strength & Sculpt**

## **Women's Fitness Program**

### **Be Strong. Stay Healthy. Get Fit.**

Experience this comprehensive fitness program, instructed by Lin Hultgren, ACE certified fitness trainer, utilizing body weight, hand held weights, bands & stability balls in a small motivational group setting. A plethora of research indicates that resistance training is the key to weight loss. Increasing lean muscle mass boosts your metabolism & your body burns more calories constantly, even while the body is at rest!

Strength & Sculpt will provide you with upper, lower and core body conditioning. It will also improve your balance, posture and coordination and help in the prevention of osteoporosis. The program is non impact and modification & beginner friendly.

Participants should wear non-skid shoes and bring a mat and water. Join us for Fitness & Fun. You will be glad you did!

*Auburn High School Gym-exercise room*

**Tuesdays– 6:15pm – 7:30pm**

**Strengthen & Sculpt**

**Drop in fee of \$8 per class**

Monthly pre-paid discount available!

***For registration or pre-payment contact Auburn Recreation & Culture Department at 508-832-7736 or [kpappas@town.auburn.ma.us](mailto:kpappas@town.auburn.ma.us)***

***For questions or more info re class contact Lin at 508-212-4959 or [Linhultgren@gmail.com](mailto:Linhultgren@gmail.com)***

***When it comes to exercise there is no such thing as too little or too late. Anything is better than nothing and today is the first day of the rest of your life. Make a difference today! ☺***