

Training Solutions Resistance Band Class

The benefits of resistance band training for strength are UNLIMITED. Band workouts help you with a stronger core, develop lean muscles faster, and help improve balance and coordination. Resistance bands are a great dynamic stretching tool that helps eliminate those tight hips and shoulders that are going to develop as we grow older.

6-week sessions

Wednesdays (1/9 - 2/13), 6 - 7 a.m. OR

Thursdays (1/10 - 2/14), 12 - 1 p.m.

Training Solutions, 203 W. Wisconsin Avenue

Pewaukee, WI 53072



**Class Fee: \$15 per class,
\$90 for full session**

Register online at
www.trainingsolutionswi.com

203 W. Wisconsin Ave.

Pewaukee, WI 53072

Phone: 262-691-7634

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Individual Care. Integrative Solutions.