



Be fit at
every age

Bone Builders

Aging strong. Strong bones offer many health benefits, including better balance and muscle support. AgingNext offers “Bone Builders,” a free exercise class designed to help improve bone density and slow the effects of osteoporosis. Using a combination of weights, balance, and stretching exercises, Bone Builders will help you develop the bone structure, and strength seniors need to enjoy an active life. You’ll have fun and get fit at the same time!

For more information, please call AgingNext 909.621.9900