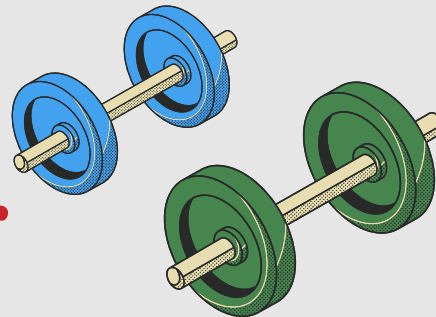


THE PIETERS FAMILY *life center*



SMALL GROUP STRENGTH TRAINING

BUILD STRENGTH. CONFIDENCE. INDEPENDENCE

Our small group strength training classes are designed for people of all abilities. With just 3–5 participants, you'll get personal coaching in a supportive, inclusive space. Every workout is safe, adaptable, and focused on building strength and confidence for everyday life.

EXPERT COACHING AND SUPPORT

Led by expert trainer **Jay Shiner**, who brings experience from Major League Baseball, community wellness programs, and sports medicine. Jay is passionate about helping people of all abilities reach their wellness goals.



WHY CHOOSE STRENGTH TRAINING?

- **Improved Health** - Supports circulation, bone health and overall fitness.
- **Increased Safety**- Builds balance and coordination to reduce falls.
- **Greater Independence**- Strengthens muscles for everyday activities.
- **Enhanced Well-Being**- Boosts mood, reduces stress, and promotes social connections.

Small group training is more than exercise, it's about building friendships, celebrating progress, and staying motivated in a welcoming community

Mondays & Wednesdays
October 27th - December 17th
11:00 a.m. - Noon
\$400

To Register:
Call 585-487-3567

Email: jay.shiner@heritagechristianservices.org

