

Free Bone Builders Classes



Linda Smart (left) helps someone do an exercise correctly.

Our very own Linda Smart is a leader of Bone Builders classes. Free, they are held 9 to 10 a.m. Tuesdays and Thursdays at the East Naples Community Center, 3500 Thomasson Drive. Just show up if you are interested.

Exercises are not strenuous (no cardio) but instead involve weights and resistance.

During season, the classes fill up quickly. There is no pre-registration, but classes are considered full once we run out of chairs, Linda quips. Her wonderful sense of humor is what makes these classes fun and people coming back each week.

As the name implies, Bone Builders helps ward off effects of osteoporosis. They are not designed for relief of arthritis or neuromyalgia, but Linda says some of the participants have told her the exercises have helped.

For more information about these exercises, go to <http://cals.arizona.edu/maricopa/fcs/bb/exercise.html>