



Strength and Conditioning Training

Event Date: Wednesday, September 23, 2015 - 11:00am to 12:00pm

Place / Location: Bridges 935 Edgehill Avenue
Nashville, TN 37203

See map: [Google Maps](#) [1]

Contact Name: Tracy Smith

Contact Email: ts@bridgesfordeafandhh.org

Contact Phone: 615-248-8828

This fitness class is open to the Deaf, hard of hearing, and hearing individuals in the Deaf community. Our Strength and Conditioning class is designed to build muscular endurance, using cardio and core strength exercises to build muscle & definition.

Class will meet from 11:00 a.m. - 12:00 p.m. in the Fitness Center. For more information, please contact Tracy at ts@bridgesfordeafandhh.org [2].

Website (if available): www.bridgesfordeafandhh.org

Event Type: [Health & Wellness](#) [3]

Region: [Statewide](#) [4]

[Middle](#) [5]

Phone Type: [Captioned Telephone](#) [6]

Alternate Phone: 615-649-0605

Alternate Phone Type: [Video Phone](#) [7]

Rescheduled: 0

Cancelled: 0

Source URL: <https://tndeaflibrary.nashville.gov/node/3285>

Links:

[1] <http://maps.google.com?q=36.152607+-86.789270+%28935+Edgehill+Avenue%2C+Nashville%2C+TN%2C+37203%2C+us%29>

[2] <mailto:ts@bridgesfordeafandhh.org>

[3] <https://tndeaflibrary.nashville.gov/event-types/health-wellness>

[4] <https://tndeaflibrary.nashville.gov/event-region/statewide>

[5] <https://tndeaflibrary.nashville.gov/event-region/middle>

[6] <https://tndeaflibrary.nashville.gov/phone-service-types/captioned-telephone>

[7] <https://tndeaflibrary.nashville.gov/alt-phone-service-types/video-phone>