

STRONG *People*™

STRONG BODIES



Join us for strength training classes! These classes are designed for mid-life and older adults and include progressive resistance training, balance training, and flexibility exercises. Classes are twice weekly for 12 weeks, led by County Extension Agents.

What: Fall Virtual StrongBodies Class

Dates: September 13th – December 22nd

Time: Tuesdays and Thursdays, 9:00 – 10:15 AM

How to Sign Up: Online Registration - <https://go.wisc.edu/03ohu3>

You will receive an email confirmation with the ZOOM link for the class

Contact: Angela Han at ahan35@wisc.edu