



STRONG *People*™

STRONG BODIES



Join us for the StrongBodies Program!

StrongBodies has been shown to increase strength, muscle mass, and bone density. Classes are held twice weekly and include progressive resistance training, balance training, and flexibility exercises.

FREE Virtual StrongBodies Class

Dates: April 1-June 26, 2025
Time: Tuesdays and Thursdays 9:00-10:20 am
To register online: go.wisc.edu/gb1m1k

Questions? Contact
Stephanie Bakker 715-682-7017 (Ashland, Bayfield, Iron)
Julie Montgomery 715-395-1427 (Douglas)
Bridget Rongner 715-635-4444 (Burnett, Sawyer, Washburn)



scan with your smart phone camera to register