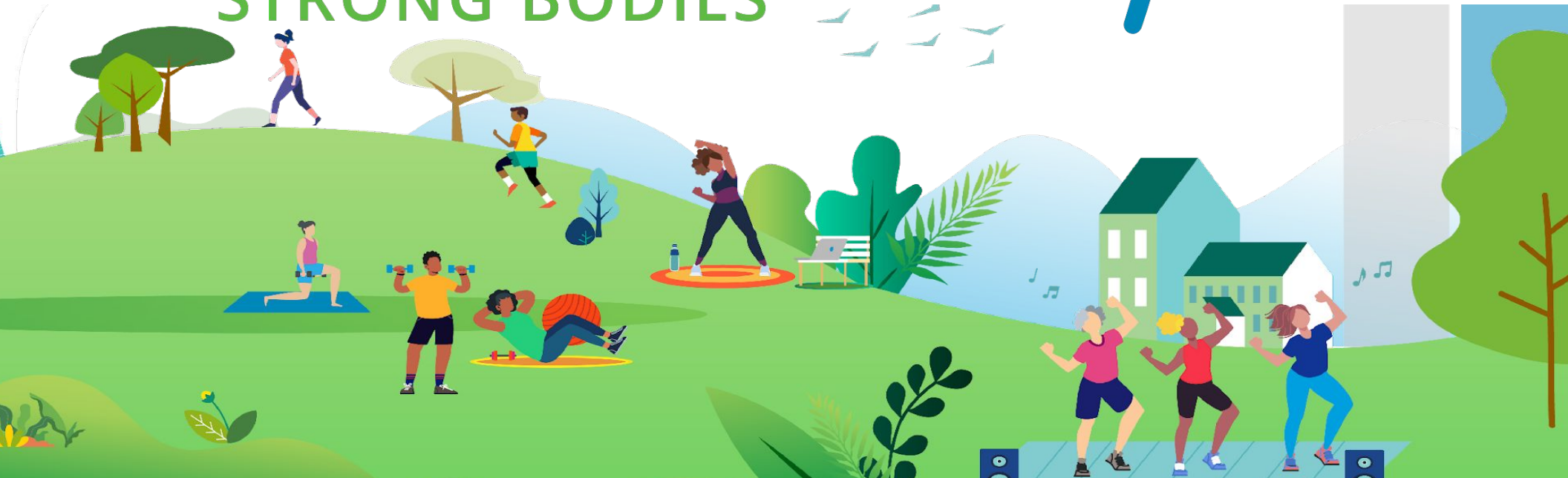


STRONG *People*™

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 8 weeks, led by Washburn County Extension Educators.

The University of Wisconsin–Madison Division of Extension provides equal opportunities in employment and programming in compliance with state and federal law.

What: Summer StrongBodies, 2026

Dates: Mondays and Wednesdays
July 13 - September 2

Time: 9:00 - 10:15 AM

Location: Shell Lake Public Library

How to Sign Up: Scan QR code to register or

Contact: Andrea Gardner - andrea.gardner@wisc.edu or
715-635-4444

