

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.

Questions? Contact Jen Whitty at jennifer.whitty@wisc.edu

Virtual StrongBodies - Winter 2025 Series

Dates: January 7 - March 27, 2025

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

How to Sign Up: Register online at <https://go.wisc.edu/j9468d>

A welcome email with the Zoom link to join class will be sent in the week prior to the series or within 3-5 days if registering after January 1st, 2025



Extension
UNIVERSITY OF WISCONSIN-MADISON

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