



StrongBodies Online Classes

Adams, Green Lake, Juneau, Marquette, Waushara Counties

When: April 7th – June 30th, 2021
Monday, Wednesday, Friday
8:30 – 9:30 am

Note – April 7th will be a training session for new participants to learn the movements.



This is a *free* strength training program for adults of all ages.

The program has many benefits:

- Increased strength
- Increased energy
- Increased flexibility
- Increased balance
- Improved mood
- Better sleep quality

LIFTING PEOPLE TO BETTER HEALTH



Scan QR code to register or click link below.

go.wisc.edu/7t81wt or https://uwmadison.co1.qualtrics.com/jfe/form/SV_0MtfbNblvgFODJP

For additional information contact:

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