



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.

Join via computer, phone or tablet.

FREE VIRTUAL STRONGBODIES CLASS

Dates: Jan. 7-March 6, 2025 **Time:** Tuesdays and Thursdays, 9:00 a.m.-10:20 a.m.

Register online at: https://go.wisc.edu/gb1m1k



Questions? Contact

Stephanie Bakker: 715-682-7017 Ashland, Bayfield, Iron Counties

Julie Montgomery: 715-395-1427 Douglas County

Bridget Rongner: 715-635-4444 Barron, Burnett, Rusk, Sawyer, Washburn Counties



TUESDAYS & THURSDAYS JAN. 7-MARCH 6 2025







VIRTUAL CLASS VIA ZOOM

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