

# 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.

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



### More Information

<https://go.wisc.edu/v9rku3>

**TUESDAYS &  
THURSDAYS**

**JAN. 7-MARCH 6  
2025**

**VIRTUAL CLASS  
VIA ZOOM**