



StrongBodies™ is a 10-week program designed to help older adults become and stay strong. Each class includes warm-up, progressive weight training, balance, and flexibility exercises. Minimal equipment needed: set of dumbbells, ankle weight & floor mat or towel.

All new participants must complete forms at an Information Session before participating in classes. Class size is limited. Registration is required one week prior to the start of all classes—no exceptions.

Registration

New participants register online www.adrcevents.org or call 715-839-4735. Repeat participants must complete a Re-enrollment Consent Form to sign up by December 28, 2020.

LIFTING PEOPLE TO BETTER HEALTH



StrongBodies™ - Information Session

WHEN: Thursday, December 3, 2020
10:00 - 11:15 am

WHERE: Virtually via WebEx

Workshops: M&W, January 11 - March 22, 2021
8:30 am, 11:15 am, 5:00 pm *or*
T&TH, January 12 - March 18, 2021 at 8:30 am

COST: No fee for new participants.
\$20 for individuals repeating.
Scholarships available.



StrongBodies - Information Sessions	Time:	Location:
Thursday, December 3, 2020 Thursday, March 4, 2021 Tuesday, June 1, 2021 Thursday, September 2, 2021 Thursday, December 2, 2021	10:00 - 11:15 AM	Virtually (via WebEx)
StrongBodies - Classes		
M&W, January 11 - March 22, 2021 (no class Jan 18)	8:30 - 9:30 AM 11:15 - 12:15 PM 5:00 - 6:00 PM	WebEx
T&TH, January 12 - March 18, 2021	8:30 - 9:30 AM	WebEx
M&W, April 5 - June 14, 2021 (no class May 31)	8:30 - 9:30 AM 11:15 - 12:15 PM	WebEx
T&TH, April 6 - June 10, 2021	8:30 - 9:30 AM	WebEx
M&W, July 12 - September 20, 2021 (no class Sept 6)	8:30 - 9:30 AM 11:15 - 12:15 PM	WebEx
T&TH, July 13 - September 16, 2021	8:30 - 9:30 AM	WebEx
M&W, October 4 - December 13 (no class Nov 24)	8:30 - 9:30 AM 11:15 - 12:15 PM	WebEx
T&TH, October 5 - December 14, 2021 (no class Nov 25)	8:30 - 9:30 AM	WebEx

**Program locations and times may change.*