



**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](http://www.adrcevents.org) or call 715-839-4735. Repeat participants must complete a Re-enrollment Consent Form to sign up by July 5, 2021.

LIFTING PEOPLE TO BETTER HEALTH



**StrongBodies™ - Information Session**

**WHEN:** Tuesday, June 1, 2021  
10:00 - 11:15 am

**WHERE:** Virtually via WebEx

**Workshops:** M&W, July 12 - September 20, 2021  
8:30 am, 11:15 am, 5:00 pm *or*  
T&TH, July 13 - September 16, 2021 at 8:30 am

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



<b>StrongBodies - Information Sessions</b>	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)
<b>StrongBodies - Classes</b>		
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 5:00 - 6:00 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.*