

Strong People

STRONG BODIES



Join us for strength training classes!

These classes include progressive resistance training, balance training and flexibility exercises to improve strength, bone density, mobility and glucose control.

Classes are twice weekly for 12 weeks, led by trained leaders in partnership with Forest County Aging Office.

What:

Forest County Strong Bodies Class

Dates:

- Armstrong Creek: January 6th - March 26th
- Armstrong Creek Community Center
- Crandon: January 6th - March 27th
- Crandon Library, Lower Level
- Laona: January 6th - March 26th
- Laona Senior Center

Times:

Tuesdays and Thursdays

Crandon & Armstrong Creek Times:
9:00 - 10:00 AM

Laona Times : 10:45 -11:45 AM

To Register:

- Armstrong Creek, call Barb @ (906) 399-7506
- Crandon, call Wendy @ (715) 478- 1951
- Laona, call Sue @ (715) 508- 0113

*Suggested donation to the Forest County Aging Office - \$30.00