

LIFTING PEOPLE TO BETTER HEALTH



STRONGBODIES

The Strong Women/
Strong Bodies Program
is a 12-week exercise
program for all ages of
men and women. Each
class includes progres-
sive weight training,

UPCOMING CLASSES:

LAONA: 9 AM, MON-
DAY and WEDNES-
DAY, **MAY 4 TO JULY
27, 2020** at the
*Laona Community
Building*

CRANDON: 1 PM,
MONDAY and
WEDNESDAY
(ADVANCED) AND
9 AM, TUESDAY and
THURSDAY, (BASIC)
**MAY 4 TO JULY 27,
2020**, at *Crandon
Public Library, Lower*

*People with health concerns
such as arthritis, heart disease,
osteoporosis, diabetes, obesity,
and back pain often benefit the
most from an exercise program
that includes lifting weights a
few times each week.*



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PARTICIPANTS WILL BE PROVIDED WITH

- ◆ ADJUSTABLE ANKLE WEIGHTS
- ◆ DUMBBELLS

EQUIPMENT NEEDED:

- STURDY SHOES
- A MAT OR TOWEL



Call Kayla at 715-478-3256 to
register for Strong Bodies clas-
ses!