

# 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.

Questions? Contact Jen Whitty at [jennifer.whitty@wisc.edu](mailto:jennifer.whitty@wisc.edu)

## Virtual StrongBodies - Fall 2023 Session

**Dates:** October 10 through December 21

**Time:** Tuesdays and Thursdays, 9:00 – 10:15 am

**How to Sign Up:** Register online at <https://go.wisc.edu/6693j7>

\*A welcome email with the Zoom link to join class will be sent in the week prior to the series or within 3-5 days if registering after October 10\*

