

# 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 - Summer 2023 Session

**Dates:** July 11 through September 28

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

**How to Sign Up:** Register online at <https://go.wisc.edu/12rqa3>

\*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 July 11\*

