



Extension
UNIVERSITY OF WISCONSIN-MADISON



STRONGBODIES

VIRTUAL PROGRAM

VIA ZOOM

**JANUARY 6 -
MARCH 26, 2026**

**TUESDAYS &
THURSDAYS
9:00-10:15**

The evidence-based StrongBodies program has been shown to improve:

- muscle strength
- muscle mass
- bone density

Classes are held twice weekly and include:

- progressive resistance training
- balance training
- flexibility exercises

Register online here: <https://go.wisc.edu/4ir5sh>

*To learn more, visit us at
<https://health.extension.wisc.edu/strongbodies/>.*

CONTACT US:

strongbodies@extension.wisc.edu