

STRONG BODIES



BALANCE EXERCISES AND STRENGTH TRAINING FOR OLDER ADULTS

This weekly strength training class is designed for older adults. Each class includes a variety of exercises with both seated and standing options. Exercise regularly, meet new people and you can improve your mood, energy, sleep and your life!

Tuesdays, Beginning April 16
9:30 - 10:00 AM
Fitness Center Studio

*Class is FREE with a Fitness Center membership
\$5 drop-in fee for non-members

- **Wear Comfortable Clothing**
- **Bring a water bottle to stay hydrated**
- **Exercise seated OR standing**



WESTERN WISCONSIN HEALTH

1100 Bergslien Street • Baldwin, WI
715-684-1111
wwhealth.org

For questions, please contact Kerri Stiller at ext. 1642 or kerri.stiller@wwhealth.org.