

StrongBodies

Strength Training for Older Adults

Why StrongBodies?

Strength training keeps you strong, confident, and independent at any age. Benefits include:

- More muscle and strength
- Better bone health, lower risk of fractures
- Reduced risk of diabetes, heart disease, arthritis, depression, and obesity
- Improved confidence, sleep, and vitality

StrongBodies builds resilience, independence, and long-term wellness.

What to Expect?

Classes combine strength, balance, and flexibility in a supportive group setting:

- 2 sessions/week for 10 weeks
- 45–60 minutes each
- Warm-up, strength, and cool down
- Exercises for all major muscles using dumbbells, ankle weights, and body weight

Adaptable for different fitness levels. Participants should be able to do light to moderate activity and attend regularly.

\$35 Suggested Donation Thanks for being part of our class! Although the suggested donation is \$35, the true value is \$112, and any additional support helps cover costs and expands future opportunities.



Check for Upcoming Workshops

Visit us online or give us a call!

adrcofbrowncounty.org

920-448-4300

Registration is required and space is limited!



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