South Branch Strong Bodies

Beginner Strength Training Class

LIFTING PEOPLE TO BETTER HEALTH



STRONGBODIES

Benefits of Strength Training:

- **Reduced risk for chronic diseases:**
  - Diabetes
  - High Blood Pressure
  - Heart Disease
  - Osteoporosis
  - Arthritis
  - Some Cancers
- **Increased:**
  - Strength
  - Muscle mass
  - Bone density
  - Ability to do Activities of Daily Living

Strength Training Class: Designed for those 55 and older but open to and beneficial to EVERYONE! Limited to 12 participants

Series Length: **Starting June 4th — July 16th, 2026**

Time: **Tuesdays and Thursdays from 4pm—5pm**

Where: **South Branch Community Center**

Instructor: **Miranda Bailey**

Class Registration is required before the first day of class.

To Register: Scan the QR Code or contact Miranda at 715-701-5304 or mlbailey5@wisc.edu to receive a registration link.

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