



Join us for a low-cost, strength training program adapted from Tufts University.  
All activity levels welcome. Ages 55 and older.  
**Spaces are Limited!**

## DATES FOR 2018

### Classes Available:

#### **January 2<sup>nd</sup> – March 16<sup>th</sup> (11 weeks)**

- Registration: Monday, December 4th (wave 1)  
Monday, December 11th (wave2)

#### **April 2<sup>nd</sup> – June 15<sup>th</sup> (11 weeks)**

- Registration: Monday, March 5th (wave1)  
Monday, March 12th (wave2)

#### **July 2<sup>nd</sup> – Sept 14<sup>th</sup> (11 weeks)**

- Registration: Monday, June 4th (wave1)  
Monday, June 11th (wave 2)

#### **October 1st – December 14<sup>th</sup> (11 weeks)**

- Registration: Tuesday, September 4th (wave1)  
Monday, September 10th (wave2)

Strength Training Classes

For more information, contact the La Crosse County Health Department at **608-785-9853**

