

Spring Session



Join us for an interactive, strength training program adapted from Tufts University.
All activity levels welcome. Ages 55 and older.
Classes are \$20/Session. Spaces are Limited!

DATES: 11 WEEKS STARTING JANUARY 2ND —MARCH 16TH, 2018

Classes Available:

La Crosse: North Presbyterian Church (Located by Shopko North and Kwik Trip)

Tuesday/Thursday: 9:00 am—10:00 am Basic

La Crosse: Faith United Methodist Church (Located by Longfellow Middle)

Tuesday/Thursday: 9:30 am—10:30 am Basic

La Crosse: English Lutheran Church (16th and King)

Monday/Wednesday:

8:30 am—9:30 am Basic/Intermediate

9:45 am –10:45 am Advanced

Tuesday/Thursday:

8:30 am—9:30 am Advanced

9:45 am –10:45 am Advanced

Onalaska: First Free Evangelical Church

Monday/Wednesday:

8:30 am—9:30 am Advanced

9:45 am –10:45 am Basic

Onalaska: United Methodist Church

Tuesday/Thursday: 9:30-10:30 Basic/Advanced

Mindoro: Farmington Town Hall

Monday/Wednesday: 9:00 am—10:00 am Advanced

Tuesday/Friday: 9:00 am – 10:00 am Basic

St. Joseph's Ridge: Greenfield Town Hall

Tuesday/Thursday:

8:45 am - 9:45 am Advanced

Strength Training Classes

*** Must have completed Basic Class in order to take the Advanced Class.
Registration cost is \$20 per person for an 11-week session.**

REGISTRATION IS REQUIRED. SEE BACK PAGE FOR REGISTRATION INSTRUCTIONS.

How do I register?

Registration starts at 7:00 am! To register, call the La Crosse County Health Department at (608)785-9853. Those who call in before 7:00 am will not be registered.

- Leave your name, phone number and state the class you would like to sign up for including time and location.
- Someone from the Health Department will call to confirm your class time as soon as possible. This could take a few days, pending the number of calls.

When can I sign up for a Strong Senior class at Onalaska, Mindoro or St. Joseph's Ridge?

- Registration starts **Monday, December 4th.**
Registration prior to these dates is not allowed.

When can I sign up for a Strong Senior class at La Crosse locations?

- Registration will begin **Monday, December 11th.**
Registration prior to this date is not allowed.

How much are classes?

Classes are \$20 per person for each 11 week session. Payments are non-refundable.

How do I pay for classes?

You can mail or drop off your payment to "LCHD" (La Crosse County Health Department) - Strong Seniors at 300 4th St N, La Crosse, WI 54601.

How many times a week do classes meet?

We offer two, hour-long classes each week. **At this time, only participants who are able to commit to two classes per week are allowed to register.** It is recommended to strength train 2-3 times per week in order to see benefits.

What is the difference between the Basic and the Advanced Class?

Both classes are completely strength based and can be made more or less difficult by adjusting the amount of weight lifted. In order to perfect form and technique, it is required that all participants complete the basic class before moving on to the advanced class.

