

STRONG PEOPLE STRONG BODIES

Join us for strength training classes! These classes are designed for mid-life and older adults. Classes include progressive resistance training, balance training, and flexibility exercises.

The benefits:

- Increased muscle mass & strength
- Improved bone density & reduced risk for osteoporosis & related fractures
- Reduced risk for diabetes, heart disease, arthritis, depression, & obesity
- Improved self-confidence, sleep, and vitality

**Classes run 10:00 AM every
TUESDAY & THURSDAY.
January 23 - April 11, 2024
@ Rosenberg Civic Center.**

(no class Feb. 8)

Rosenberg Civic Center
3825 State Highway 36 S
Rosenberg, TX 77471

**To register for the class, contact
the Rosenberg Civic Center
at 832-595-3520.**

Registration
\$60



Taught by:
Leticia Hardy, MS
County Extension Agent
Family & Community Health

Supplies Recommended:

Yoga Mat & Small Dumbbells (2lb-5lb)
Some Equipment provided but limited.

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AGRI LIFE
EXTENSION



Rosenberg
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