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.

Taught by: Leticia Hardy, MS

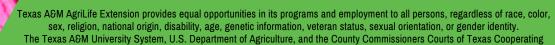
Supplies Recommended:
Yoga Mat & Small Dumbbells (2lb-5lb)
Some Equipment provided but limited.

TEXAS A&M
GRILIFE
EXTENSION



Rosenberg

County Extension Agent Family & Community Health



Registration

\$60