

## Strong Bones Program

The Strong Bones program will be continuing and we are adding and expanding our class schedule. If you are interested in becoming a Strong Bones instructor please contact our office at 715-526-4863.

We have set up a new class structure, you no longer need to join at the beginning of a session. You can purchase an annual membership at \$140.00, \$70.00 for a semi-annual and \$35.00 for a quarter or 12 weeks. You can join at any time you wish!

You do not need to wait until a new quarter starts. Strong Bones is a self paced class and you can start any time!

### JOIN NOW!!!!



#### **Zion Lutheran Church**

1254 S Union Street, Shawano

Mon/Wed 8:30 am – Regular class

Sue True

Mon/Wed 8:30 am – Advanced class

Linda Olson

Tue/Thur 7:30 am – Regular & Advanced class

Kara Skarlupka

#### **Sacred Heart Church**

302 S Main Street, Shawano

Tue/Thur 3:45 pm – Regular class

Jeanne Kaczorowski

#### **Total Fitness**

203 E Green Bay Street, Shawano

Mon/Wed 12:00 pm – Regular class

Sue True

#### **St. Francis Solanus**

724 Mader Street, Gresham

Mon/Thur 4:05 pm – Regular class

Sandy Schinke

#### **Peace Lutheran Church**

N6315 County Road D, Tilleda

Mon/Thur 5:15 pm – Regular class

Charlotte Schwartz

#### **St. Paul Lutheran Church**

240 E Green Bay Street, Bonduel

Mon/Fri – 7:30 am – Regular class

Kara Skarlupka

#### **Holy Family Church**

202 N Ellms Street, Wittenberg

Mon/Thur 4:30 pm/-Regular Class

Sally Korbisch

#### **St. Anthony Church**

430 Swanke Street, Tigerton

Mon/Thur 4:30 pm/-Regular Class

Debra Brandt

#### **Mohican Family Center**

N8605 Oak Street, Bowler

Mon/Wed – 5:00 pm – Regular class

#### **Hillcrest Primary School**

Lower Resource Room #201-202

Use Lower Level Exterior Door

Mon/Wed – 4:30 pm – Regular class

Lifting towards better health!!

