

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 & Nancy Schultz

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/Jackie Schmidt

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

September 9th to December 18th

The cost of the class is \$58

***On September 9th we have a class
starting in Birnamwood at the
Matsche Center at 5:30 pm on
Monday's and Thursday's.***

Lifting towards better

