

STRONGBODIES

STRENGTH TRAINING FOR LIFE



In partnership with PBS Wisconsin, making wellness accessible for all

Improve your health, build strength, and stay active with StrongBodies. Available in three languages to support our diverse community: English, Spanish, and Hmong. Scan a code to start!



English - StrongBodies

Strength training for all ages to improve overall health.



Spanish - Gentefuerte

Entrenamiento de fuerza para aumentar fuerza, flexibilidad y resistencia.



Hmong - Lub Cev Muaj Zog

Lub Cev Muaj Zog pab kom lub cev muaj zog, muag, thiab ua taus ntev.

