

# AGING PARTNERS

*The Schmieding Foundation  
Center for Active Living  
(Fitness Center)*

Victory Park Center  
600 S. 70th St.  
Lincoln, NE 68510-2451



*This program is an evidence-based fall prevention class.*

## StrongBodies Strength Training Program

**Victory Park Center, Classroom 105**

**Tuesdays and Thursdays**

**April 16 through July 9**

**9 a.m. – Beginners (no class May 14 and July 4)**

**10:30 a.m. – Intermediate (no class May 14 and July 4)**

**12:30 p.m. – Beginners (no class May 9 and 14, June 13 and July 4)**

**\$2 suggested contribution per class session**

**Three class  
times  
offered!**

The benefits of strength training for older individuals have been studied extensively and include:

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

The exercises in StrongBodies work all the major muscle groups, utilizing a combination of dumbbells, adjustable ankle weights and body weight. Classes meet twice a week for 12-week sessions.

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**You must register for this class by calling 402-441-7575.  
Class size is limited. Walk-ins not accepted.**