

Stay Strong, Stay Healthy—Level 2



STRENGTH TRAINING PROGRAM FOR OLDER ADULTS

An eight-week based strength training program designed as a follow-up to Level 1. However, exercises can be modified for those who haven't taken level 1.

The exercises are easy, safe and effective.

No need to wear special clothes—just comfortable, loose-fitting pants and shirt, along with sturdy, closed-toe walking shoes.

8-WEEK PROGRAM



CLASSES INCLUDE:



Warm-up exercises



Eight to 10 strengthening exercises, with or without hand and ankle weights



Cool-down stretches



After the eight weeks are over, you can continue the strength training program in the comfort of your own home or with a group.



Weights will be available on-site, and a trained instructor will help you learn and do these exercises safely.



BENEFITS



Increases muscle strength



Improves balance



Enhances flexibility



Strengthens bones



Helps control weight

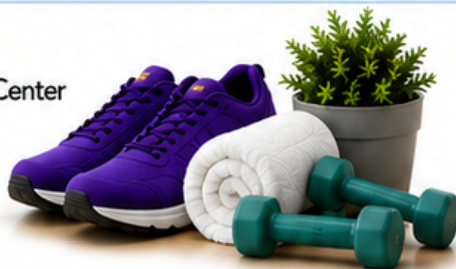


Reduces stress



WHERE:

Woolsoncroft Event Center
1615 Branch St.
Seneca, KS



WHEN:

Tuesdays & Thursdays



ORIENTATION:

July 23, 2026



CLASSES:

July 28, 30, August 4, 6, 11, 13, 18, 20, September 1, 3, 8, 10, 15, 17, 22 & 24
(No classes August 25 & 27)



TIME:

10:00 - 11:00 AM



COST:

\$20 for all 16 sessions



NEW CLASS STARTING SOON!

Contact the Extension office to register.



Space is limited.
Sign up early to get a spot!