Comments from participants in Stay Strong, Stay Healthy classes:

» “It gives me more motivation to exercise on my own.”
» “My balance has greatly improved”
» “I feel stronger overall”
» “I really liked the pace of the class geared to meet individual needs.”
» “I felt very comfortable with instructions on how to perform exercises correctly, to best benefit from them.”

Advanced
Stay Strong, Stay Healthy

Strength Training Program

Orientation (required) September 11, 2014
Classes meet Thursdays
September 18 thru November 20, 2014
9:00 to 10:00 am

Zion United Church of Christ
115 S. Washington Ave.
Union, MO 63084
Advanced Stay Strong, Stay Healthy
builds on the fitness base acquired through the basic Stay Strong, Stay Healthy program by adding new, more complex upper and lower body strength-training exercises, core exercises, balance movements and stretches.

This program is designed for:
◆ adults who have already completed Stay Strong, Stay Healthy and want to continue strength training

or
◆ adults who have been strength training regularly for at least six months

Like basic Stay Strong, Stay Healthy, the advanced class is a 10-week program for middle-aged and older adults.

Mary Schroepfer, Nutrition and Health Education Specialist, has been trained by University of Missouri fitness staff to lead Advanced Stay Strong, Stay Healthy. Contact Mary for more information at: schroepferM@missouri.edu or 636-583-5141.

Advanced Stay Strong, Stay Healthy
Meets for one hour on Thursdays
September 18 – November 20, 2014
9:00 – 10:00 am
Orientation / Pre-Assessment (required)
September 11, 2014
Classes meet at:
Zion United Church of Christ
115 S. Washington Ave.
Union, MO 63084

♦ No need to wear special clothes — just comfortable, loose-fitting pants and shirt along with sturdy walking shoes and socks.
♦ Weights for in-class use are provided.
♦ Need to bring exercise mat.

Sept. 11 Orientation, no exercise
Sept. 18 Exercise
Sept. 25 Exercise
Oct. 2 Exercise
Oct. 9 Exercise
Oct. 16 Exercise
Oct. 23 Exercise
Oct. 30 Exercise
Nov. 6 Exercise
Nov. 13 Exercise
Nov. 20 Exercise & Post-Assessment

Registration Form
Register early — Class size is limited!

Registration Deadline: September 9, 2014

Fee: $35 per person. Those who attend all sessions and complete pre- and post-assessments will receive a $15 refund.

Please print
Name:______________________________
Address: ___________________________
City: ________________________________
State: ___________ Zip: ______________
Day Phone: __________________________
Email: _____________________________

☐ Check if you need special accommodations because of a disability

Return registration form and a check made payable to University of Missouri Extension Council to:

University of Missouri Extension
116 West Main
Union, MO 63084