

Group Fitness Classes (Sept.-Oct. 2019)



FREE for City of Milwaukee employees and spouses

All ages and abilities are welcome

Registration opens August 26, 2019 at 12:00 p.m.

To register visit www.workforcehealth.org/cityofmilwaukee and locate the “Healthy Rewards Program” heading. Select “schedule onsite health & wellness programs”

Boot Camp (Tuesdays)

Dates: 9/10, 9/24, 10/1, 10/8, 10/15, 10/22

Time: 5:30-6:15 p.m.

Where: DNS Lake Tower, 3rd floor conference room

An exciting total body conditioning class that provides resistance training for every major muscle group, as well as cardiovascular activities to strengthen your heart. This class is designed for all fitness levels. Whether you are a beginner or experienced, you'll get a full total body workout, and have fun doing it!

Attire: Wear loose fitting clothes, bring your own mat, pair of dumbbells and a bottle of water.

Instructor:

Sarah Kaufman, CPT



Sarah has eleven years of experience as a certified personal trainer. She is a certified group fitness instructor and health coach. Sarah enjoys helping people of all ages and abilities to understand the benefits of physical activity, gain the confidence to achieve fitness goals and discover fun options to stay active.

Fit & Flow (Wednesdays)

Dates: 9/11, 9/18, 9/25, 10/2, 10/9, 10/16

Time: 12:05-12:50 p.m.

Where: Zeidler Municipal Building, Fishbowl Room 102

This 45-minute class focuses on breathing, stretching, and strengthening using your own body weight. It is designed for all fitness levels.

Attire: Wear loose fitting clothes, bring your own mat and a bottle of water.

Instructor:

Melissa Bohanon, BS, CGFI



Melissa has over 15 years of experience teaching group exercise classes and personal training. She has a degree in Exercise Science and is a Certified Group Fitness Instructor and Health and Wellness Coach. She enjoys teaching classes because it is an opportunity for participants to make a connection with themselves and others as well as challenge their body at their level in a safe environment.

Boot Camp (Wednesdays)

Dates: 9/11, 9/18, 9/25, 10/2, 10/9, 10/16

Time: 5:30-6:15 p.m.

Where: Fire & Police Academy, Thunderdome
6680 N. Teutonia Ave.

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Earn 5 Healthy Rewards points for attending at least 4 classes.



Walk-ins accepted on a first come, first served basis.

Presented by



Workforce Health