

Virtual Group Fitness Classes

Oct./Nov. 2020



FREE for City of Milwaukee employees and spouses

To register, log into the wellness portal at www.workforcehealth.org/cityofmilwaukee and locate the "Healthy Rewards Program" heading. Select "Schedule Onsite Health and Wellness Programs."

Participants must register for each class date and time via WebEx.

Designed for all fitness levels, ages and abilities.

Boot Camp

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

Tuesdays:

Dates: 10/6, 10/13, 10/20, 10/27, 11/3, 11/10

Time: 3:30-4:15 p.m.

Where: Online via WebEx

Instructor: Kim

Attire: Wear loose fitting clothes.

Equipment: Exercise or yoga mat, dumbbells and a bottle of water to stay hydrated.

Fit and Flow

Relaxing and meditative, we'll focus on breathing, stretching, and strengthening using your own body weight.

Wednesdays:

Dates: 10/7, 10/14, 10/21, 10/28, 11/4, 11/11

Time: 12-12:45 p.m. or 3:30-4:15 p.m.

Where: Online via WebEx

Instructor: Melissa

Attire: Wear loose fitting clothes.

Equipment: Exercise or yoga mat and a bottle of water to stay hydrated.

Your instructors:

Kim Engelbrecht, MS, CPT

Kim has been in the fitness industry for over 6 years. She has a Master's Degree in Kinesiology with an emphasis in exercise physiology and is a certified personal trainer and WellCoach. As a health coach with Froedtert Workforce Health, she is able to apply an individualized health-giving approach to her coaching and group fitness classes.



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.



Attend 4 classes to earn 5 Healthy Reward points.

You must register for each class date.



Call 414-777-3410 with questions



Workforce Health