

Virtual Fitness Classes

July- September 2022, 10-week session

Boot Camp (30 min.)

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 athletic clothing and tennis shoes. Equipment: mat, 2lb-5lb hand weights and water.

Tuesdays:
July 12-September 13
5-5:30 p.m.

Kick & HIIT (30 min.)

A moderate-high intensity cardio session that incorporates kickboxing moves for all levels of experience. Kick, punch and HIIT your way to less stress and better cardiovascular health!
Attire: Wear athletic clothing and tennis shoes. Equipment: mat and water.

Thursdays:
July 14-September 15
9-9:30 a.m.

Yoga (30 min.)

Reconnect with your spirit, mind and body. Focus on mindful breathing, relaxation, stretching, balance and gentle yoga postures, which will leave you feeling refreshed and rejuvenated.
Attire: Wear athletic clothing. Equipment: yoga mat, towel and water.

Wednesdays: July 13-September 14
12-12:30 p.m.

AND

Thursdays: July 14-September 15
5-5:30 p.m.



NEW!

Complete 5 live or recorded fitness classes offered by Workforce Health in a calendar month to earn Healthy Reward points. Each class is worth 1 point with a maximum of 25 points.

Classes are FREE! Log in to the wellness portal and register in the "Virtual Fitness Classes" box. www.workforcehealth.org/cityofmilwaukee

On-demand recordings of the classes will be available on the wellness portal two business days after each live class. The wellness portal can also be accessed through the Froedtert & MCW app.



Questions?
Call Workforce Health
at 414-777-3410



Workforce Health