

Virtual Fitness Classes

Live and On-Demand



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.*

Core and Upper Body Strength (15 min.) Engage and activate your core and upper body in this 15-minute session focused on building core and upper body strength using a combination of your own body weight and hand weights. *Equipment: Yoga/workout mat, light to medium weights, towel and water.*

Joint Health, Low Impact Movement (30 min.) Glide your joints through full range of motion. Some seated and some standing work will be performed in this gentle class that will leave you feeling more mobile than when you started. *Equipment: Yoga/workout mat, light to medium weights, towel and water.*

Kick & Sculpt (30 min.) Designed to create lean, toned muscles by combining elements of strength, cardio and yoga for a unique fitness experience. Using light weight, high rep work, get ready to feel your muscles burn. *Equipment: Mat and water.*

Core and Lower Body Strength (15 min.) Build strength and stability in this 15-minute session focused on targeting core, glute and leg muscles using a combination of your own body weight, light hand weights and pulsing movements. *Equipment: Yoga/workout mat, light to medium weights, towel and water.*

Yoga (30 min.) Reconnect with your body, mind and spirit with a soothing restorative yoga class. The focus will be on mindful breathing, relaxation, stretching and balance to leave you feeling refreshed and rejuvenated. *Attire: Wear athletic clothing. Equipment: Yoga mat, towel and water.*



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! Class types, dates and times are subject to change. Please check the wellness portal for availability. 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

3709WFH-07152024