

Fit Fusion Program

4-Week Virtual Program



Fit Fusion is a new virtual fitness program "fusing" strength, cardiovascular and flexibility training.

Classes are designed for all fitness levels. Experienced instructors will guide you through proper form, technique and provide modifications and progressions.

Four different 30-minute class recordings will be posted on the **wellness portal** each week.

- Two strength classes will build and maintain muscle.
- One cardio class will increase heart rate and improve overall health.
- One flexibility yoga class will enhance range of motion and aid in muscle recovery.

Watch sessions on-demand when it's convenient for you. Weekly classes will be released on the following days:

February 20 **March 5**
February 27 **March 12**

Log in to the wellness portal to register and watch:

www.workforcehealth.org/cityofmilwaukee

Healthy Rewards:

Attend 3 out of 4 sessions each week to earn 15 healthy rewards points.

For additional support, schedule a separate health coaching appointment to check in and discuss your progress. Be sure to enter in the notes that you are coaching for Fit Fusion.

All classes will remain on the wellness portal until the end of March.



Workforce Health