



2026 Virtual Fitness Classes

**Join live or watch on demand.
Free and designed for all fitness levels.**

Chair Yoga (15 min.) Improve flexibility, strength and balance through gentle movements and stretches, all while seated or using a chair for support. Chair yoga offers an accessible way to improve posture, reduce stress and stay active. Leave each session feeling energized and centered.

Wednesdays 11-11:15am

Mindful Move Break (15 min.) A refreshing break to pause, breathe and reconnect with your mind and body. Through gentle stretching, mindful breathing and guided meditation, you'll reduce tension, improve focus and reset your energy for the day.

Wednesdays 1-1:15 pm

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.*

Thursdays 9-9:30am

Strength (15 min.) This focused, strength session uses simple, effective movements to target key muscle groups. Using your own body weight and hand weights, you'll build strength, improve stability, and boost energy. Perfect for a quick, energizing break that leaves you feeling stronger and more refreshed.

Thursdays 8:30-8:45am

Stretch (15 min.) A quick boost for your mind and body. No equipment or special attire needed. Join as you are.

Wednesdays 11:30-11:45am

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.*

Wednesdays 12-12:30pm



Enjoy fitness on your schedule. Register for live classes or watch recorded sessions through the wellness portal: www.workforcehealth.org/cityofmilwaukee



Complete 5 live or recorded fitness classes in a calendar month to earn Healthy Reward points. Each class is worth 1 point. Earn up to 25 points.

Questions? Contact Workforce Health at
414-777-3410



Workforce Health