



Virtual Group Fitness Classes

Mondays at 4 pm in Sept and Oct, for all fitness levels

WebMD
Health Services

WELL WISCONSIN
Healthier starts with you

Join us for virtual group fitness classes where you can move in ways that work for you! You'll get even closer to your Move for a Million challenge goals. We're offering a 4 week Total Body Strength series, followed by a 4 Week Yoga flow series. Click the individual registration links below to sign up for one or all of these classes. Can't make a class, no worries. Visit our [on-demand library of recordings](#) and workout when you can.

Total Body Strength

In this energetic class we'll focus on building strength, improving cardiovascular fitness, and strengthening your core. This class incorporates both body-weight exercises and light, medium and heavy weights and/or kettlebells. If you don't have weights, we'll provide alternative options. This class is designed for intermediate to advanced fitness levels and will include transitions to and from the floor.

- **Sept 9** at 4 pm (30 min), [Total Body Strength](#)
- **Sept 16** at 4 pm (30 min), [Total Body Strength](#)
- **Sept 23** at 4 pm (30 min), [Total Body Strength](#)
- **Sept 30** at 4 pm (30 min), [Total Body Strength](#)

Slow Flow Yoga

In this class you'll experience the more meditative and calming effects of yoga, while adding strength and flexibility exercises. Designed for all fitness levels, we'll find space between poses with gentle meditation in motion.

- **Oct 7** at 4 pm (30 min), [Slow Flow Yoga](#)
- **Oct 14** at 4 pm (30 min), [Slow Flow Yoga](#)
- **Oct 21** at 4 pm (30 min), [Slow Flow Yoga](#)
- **Oct. 28** at 4 pm (30 min), [Slow Flow Yoga](#)