



Virtual Group Fitness Classes

Mondays at 4 pm in Nov and Dec, for all fitness levels

Join us for virtual group fitness classes where you can move in ways that work for you! We're offering a 4 week Core Strength series, followed by a 4 week Yin Yoga series. Click the individual registration links, or scan the QR codes on the next page 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 move when you can.

Scan the QR code to explore upcoming Well Wisconsin events.



Disclaimer: Please check with your health care provider before starting a new exercise regimen.

Core Strength

This low impact class will help to lay the foundation for overall strength, stability and balance by challenging and strengthening the core, hips and glutes. Designed for all fitness levels, this class will challenge both beginners and fitness enthusiasts. Scan the QR codes below or click on the links to register for class.



Nov 18 at 4 pm (30 min), Core Strength



Nov 25 at 4 pm (30 min), Core Strength

Yin Yoga

In this gratifying and restorative form of Yoga, we'll move slowly and deeply into each pose—and hold for several minutes. This class is designed for all fitness levels and for anyone interested in increasing their range of motion, improving hip mobility and practicing balanced breathing.



Dec 2 at 4 pm (30 min), Yin Yoga



Dec 9 at 4 pm (30 min), Yin Yoga



Dec 16 at 4 pm (30 min), Yin Yoga



Dec 30 at 4 pm (30 min), Yin Yoga