**Worksite Wellness Group Class Schedule**

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| **Worksite** | **Class** | **Day** | **Time** | **Location** |
| Utilities 66th Street | Pre-Work Strength Circuit | Tues/Thurs | 6:50am-7:10am | Utilities Fitness Center |
| Utilities 66th Street | Strength Circuit | Mondays | 5:00pm – 5:45pm | Utilities Fitness Center |
| Public Works 26th Ave | Yoga | Mondays | 1pm- 1:45pm | Fitness Room near Central Storage |
| Public Works 26th Ave | Strength and Cardio | Tuesdays | 12:15-1pm | Fitness Room near Central Storage |
| Public Works 26th Ave | Yoga | Thursday | 12:15pm- 1pm | Fitness Room near Central Storage |
| Public Works – Stormwater | Pre-Work Stretch | Tues/Thurs | 6:50am-7:10am | Stormwater Parking lot |
| MSO -Ops | Strength Circuit  Yoga | Mon/Tues/Wed  Thursday | 3pm-3:45pm  2:15-3pm | Ops Fitness Center |
| MSO- D3 | Strength Circuit | Tues/Thurs | 6:00am-6:30am | D3 Fitness Center |
| Water Treatment Plant | Pre-Work Strength Circuit | Mon/Wed/Fri | 6:50am-7:10am | WTP Fitness Center |

**\*All classes are for employees of that worksite only, with the exception of Utilities 66th Street classes**

**For more classes, please visit the Downtown Fitness Center** [**Schedule**](https://manateeyourchoice.com/wellbeing-programs/fitness/group-fitness-classes)