

## Worksite Wellness Group Class Schedule

Worksite	Class	Day	Time	Location
Utilities 66 <sup>th</sup> Street	Pre-Work Strength Circuit	Tues/Thurs	6:50am-7:10am	Utilities Fitness Center
Utilities 66 <sup>th</sup> Street	Strength Circuit	Mondays	5:00pm – 5:45pm	Utilities Fitness Center
Public Works 26 <sup>th</sup> Ave	Yoga	Mondays	1pm- 1:45pm	Fitness Room near Central Storage
Public Works 26 <sup>th</sup> Ave	Strength and Cardio	Tuesdays	12:15-1pm	Fitness Room near Central Storage
Public Works 26 <sup>th</sup> 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	Mon/Tues/Wed	3pm-3:45pm	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 66<sup>th</sup> Street classes**

**For more classes, please visit the Downtown Fitness Center [Schedule](#)**