

Worksite Wellness Group Class Schedule

Worksite	Class	Day	Time	Location
Utilities 66 th Street	Pre-Work Strength Circuit	Tues/Thurs	6:50am-7:10am	Utilities Fitness Center
Utilities 66 th Street	Strength Circuit	Mondays	5:00pm – 5:45pm	Utilities Fitness Center
Public Works 26 th Ave	Yoga	Mondays	1pm- 1:45pm	Fitness Room near Central Storage
Public Works 26 th 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/Wed	3pm-3:45pm	Ops Fitness Center
MSO-Ops	Yoga/Stretch	Tues	2:30-3:15pm	Ops Building
MSO- D3	Strength Circuit	Tues/Thurs	6:00am-6:30am	D3 Fitness Center
Transit	Bootcamp	Mon/Thurs	11:00am-11:45am	Transit
Water Treatment Plant	Pre-Work Strength Circuit	Mon/Wed/Fri	6:50am-7:10am	WTP Fitness Center

- **18 off-site Fitness Classes at 7 locations weekly**
- **Since launching Pre-Work Strength and Stretch there has been a significant decrease in MSK reported injuries**
- **These off-site classes offer many employees a way to exercise without location being a barrier**