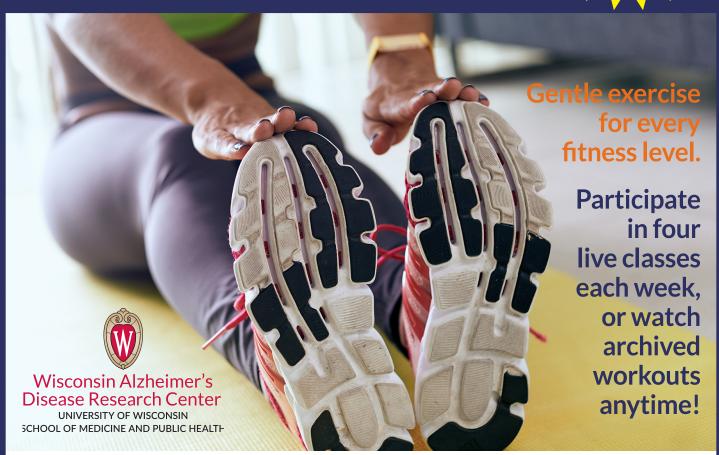
Get Movin' free online exercise classes!

With instructor Venus Washington

New schedule starts Jan. 11!



Get Movin' on Zoom

New! Get Movin' on Zoom allows you to work out virtually with a group. Register for Get Movin' on Zoom to receive the class join link and Get Movin' Welcome Kit!

Tuesdays & Thursdays, 1–2 PM (Starting January 12, 2021)

REGISTER HERE: go.wisc.edu/90iics







Live and Archived Classes

Tune in for Get Movin' exercise classes live on Facebook and Instagram four times a week. Find archived classes anytime on Facebook, Instagram, and YouTube. Tune in live at the designated times below, or access the archived videos anytime. Classes start January 11.

Mondays & Wednesdays, 5:30–6:30 PM Tuesdays & Thursdays, 1–2 PM

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