

# Get Movin' free online exercise classes!

With instructor Venus Washington

New  
schedule  
starts  
Jan. 11!

Gentle exercise  
for every  
fitness level.

Participate  
in four  
live classes  
each week,  
or watch  
archived  
workouts  
anytime!



Wisconsin Alzheimer's  
Disease Research Center  
UNIVERSITY OF WISCONSIN  
SCHOOL OF MEDICINE AND PUBLIC HEALTH

## 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](https://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

[www.facebook.com/venusinspires8](https://www.facebook.com/venusinspires8)

Instagram: [@VenusInspires8](https://www.instagram.com/VenusInspires8)

YouTube: [go.wisc.edu/34iqx8](https://go.wisc.edu/34iqx8)



YouTube