

Get Movin' with free online exercise classes!

With instructor Venus Washington

Gentle exercise
for every
fitness level.

Participate
live, or
watch
archived
workouts!



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

Facebook Live and Instagram Live Workouts

*Tune in live at the designated times below,
or access the archived videos anytime.*

www.facebook.com/venusinspires8

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

Mondays, 6–7 PM

Thursdays, 1–2 PM & 6–7 PM



YouTube Workouts

*Tune in anytime. A new class is posted
every Tuesday. Don't forget to
SUBSCRIBE to the Venus Inspires
YouTube Channel!*

go.wisc.edu/34iqx8

