

# FREE ON-SITE WORKOUT CLASSES



## DESCRIPTION

*Stretch, strengthen, and balance classes free for all Trinity Health employees led by certified trainers from MOVE Wellness. All levels welcome. No pre-registration required.*

## WEEKLY CLASS SCHEDULE

*Please email the Lifestyle Medicine team at [lifestylemedicine@trinity-health.com](mailto:lifestylemedicine@trinity-health.com) for the current schedule.*

## LOCATION

*Women's Health Center Fitness Studio  
Suite 200*

## COST

*Free for all Trinity Health employees.*

