

Department of Personnel and the City Wellness Program present

March

VIRTUAL OFFICE WORKOUTS



SIGN UP

cityemployeewellness@stlouis-mo.gov or 314-622-4849

Virtual Office Workout: Take a break in the middle of your day and complete a short workout at your desk! You will complete standing and chair exercises – no equipment is needed.

Mondays: 1:15-1:30pm

Wednesdays: 12:15-12:30pm

Total Body Workout: Exercise in the convenience of your own office! You will perform a variety of standing, seated and floor cardio and strength exercises. A stretching mat is recommended for the floor exercises.

Tuesdays: 12:15-12:45pm

Flow Friday: Being active is important but so is relaxation and recovery. Take a few minutes to end your week with stretching and balance exercises.

Fridays: 12:15-12:30pm