



Group Circuit Training

Are you looking for a fun and challenging (free) workout you can do at work? Join us at the group circuit training class led by Metropolitan Council's Wellness Coach, Lindsay Good, for a total body workout! We will be using stability balls, exercise bands and exercise mats to complete a variety of exercises. The workout will be adapted to suit beginners as well as the experienced. Space is limited in class – first come, first served.

Mark your calendar today!



Robert Street Office

Dates: Tuesdays

Time: 12:00 – 12:30 p.m.

Conference Room: LLA