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Activity

Emily Vall, Wellness Instructor, leads a class in some lunges with Ashley Hill, Marcus Autism Center, and Paul Robinson, Marcus Autism Center. It's easier to stay motivated to work out when you do it with friends. So, come out to one of the Children's onsite fitness classes for some group fun. Whether you are looking for the fast-paced Cardio Fusion or the pulsing beats of Zumba, our Strong4Life team has the class for you.

Our instructors are trained to provide assistance to employees at all fitness levels. Bring some of your co-workers and try one. Classes are offered at every campus. Check out Careforce Connection for the fitness class schedule.

