

## Let's build a Healthy Dublin together, one employee at a time.

There are a lot of unknowns in the world right now. While your workforce may look different, attending to the health and well-being of your employees is more important than ever. That's why the City of Dublin is excited to provide virtual wellness programs to help your employees stay connected and take care of themselves, no matter where they are.

Choose from fitness classes offered as single sessions or in a 4-6 week series, or join our Ohio State partner for an educational wellness presentation. Show your employees you care about them during these difficult times and help protect your most valuable asset— your people.

**Contact Mollie Steiner at 614-410-4553 or email [msteiner@dublin.oh.us](mailto:msteiner@dublin.oh.us) for pricing information and to get started.**



**THE OHIO STATE  
UNIVERSITY**

WEXNER MEDICAL CENTER



**THE OHIO STATE  
UNIVERSITY**  
HEALTH PLAN

## City of Dublin Virtual Fitness Classes

### **Barre**

Fusing the best of Pilates, yoga, aerobics and elements of the strength training exercises professional dancers do, this full-body blend of movements challenges your core, strength and stability.

### **Boot Camp**

Workout challenges using bodyweight exercises and cardio intervals to improve overall fitness – strength, cardio, speed, agility, balance and core

### **Butts & Guts**

A 45-minute glute, leg and abdominal workout geared toward strengthening and defining the muscles of the lower body and core.

### **Cardio Jam**

A fun, high energy, fat burning class with easy to follow dance routines.

### **Cardio Kickboxing**

A dynamic and explosive class that incorporates kickboxing techniques with an intense cardio workout. Increase your aerobic capacity while also improving your strength, agility, and quickness.

### **Core & More**

Improve your posture and strengthen your core with low-impact, bodyweight exercises that target the abs, back, glutes and hips.

### **Functional Fitness**

This low-impact class combines stretching, cardio training and bodyweight strength exercises to help improve muscular strength and endurance, bone density, balance and flexibility.

### **H.I.I.T (High Intensity Interval Training)**

Train with quick bursts of intense exercise followed by short, sometimes active, recovery periods to blast calories in a short period of time.

### **Mindful Movement**

Tune into your body and mind with a focus on breathing and moving. Class will focus on the breath and then move from sitting to standing poses.

### **POUND®**

A full-body cardio jam session combining light resistance with constant drumming. It fuses cardio, Pilates, strength, plyometrics and more using light weight drumsticks which add an element of fun.

### **Relaxing Flow Yoga**

Connect your mind, body and breath with gentle poses that create an experience as unique as you. Embrace the calmness of this class as you increase strength and flexibility and reduce daily stress.



### Strength & Stability

A full body strength and conditioning class using a variety of body weight and strengthening exercises that help build muscle, core stability, and balance.

### Tension Release Breaks

Improve productivity, alleviate stiffness and increase your energy level in just 15 minutes. Take a break from sitting and join your co-workers by doing gentle stretching and movement exercises that will get you on your feet and feeling refreshed! Tension Release Breaks can be done as a group or for individual work departments.

### Yoga for Every Body

Whatever your fitness level, you can enjoy the benefits of yoga. Yoga increases flexibility and strength while reducing stress and tension.

### Zumba®

A dance fitness workout that anyone can do. Leave your inhibitions at the door, grab a hold of some attitude and enjoy the sounds of Latin and international rhythms. Combine simple moves with motivating music and experience an exhilarating calorie burning, body energizing class!

## Virtual Wellness Presentations offered by Health Coaches from The Ohio State University Wexner Medical Center and The OSU Health Plan

- *All virtual presentations are 30 minutes and include a recording of the presentation.*

<p><b>Build your Own Exercise Program</b> Put together a workout program without fancy equipment that works for you.</p> <p><b>Chair Yoga</b> Practice gentle stretching and chair yoga with resources to continue on your own.</p> <p><b>Creating Healthy Habits</b> Discuss strategies to create habits that are realistic, rewarding, and sustainable.</p> <p><b>Everyday Mindfulness</b> Explore how you can apply the art of mindfulness into your life to increase calm and well-being.</p> <p><b>Fall into Fitness and Health</b> Check out some tips for recipes and activities to keep you going this fall.</p> <p><b>Fueling your Family</b> Discuss tips on keeping your family fueled and ready for the day.</p> <p><b>Getting Ready for Summer</b> Share tips for outdoor activities, grab and go breakfasts, and fast grill friendly meals.</p> <p><b>Healthy Eating on a Budget</b> Learn tips to save at the grocery, create shopping lists and plan meals.</p>	<p><b>How to Stay Active at Home</b> Get creative with ideas to fit in exercise and boost productivity when working from home.</p> <p><b>Meal Planning</b> Plan and prep weekly meals to control portions, save time, and avoid eating hidden calories.</p> <p><b>Spring into Wellness</b> As we move into the spring season, let's spring into action with goals to re-energize your fitness, nutrition, and overall well-being.</p> <p><b>Take a Relaxation Break</b> Learn about and try relaxation strategies for stress management.</p> <p><b>Tobacco Cessation</b> Discuss strategies and create a plan to quit for good.</p> <p><b>Understanding Resilience</b> Try resilience building breathing exercises and learn about resilience.</p> <p><b>Winter Well-Being</b> Get ready to navigate the winter holidays with healthy party ideas, exercise, and mood boosters.</p>
---	---

