

Early Morning Fitness

OPEN HOUSE

October 4th-17th

Now Online!

Try us out during our  
2-week Open House!

Are you a woman aged 40+ looking for options to stay fit and healthy during this pandemic? If you answered “yes”, you should give the Early Morning Fitness (EMF) a try during our FREE Open House happening from October 4th to October 17th, 2020.

We have transitioned to an online format where you can now access live and recorded EMF classes at your convenience and from the safety of your home.

*“EMF is playing a big role in keeping me fit and sane during these difficult times. I have been an enthusiastic member of the EMF class for many years and have been amazed how well the transition to the online version has worked.”*  
-Ann

- ✿ Early Morning Fitness provides workouts designed for women aged 40 and older.
- ✿ The online format allows you to enjoy exercise in your own space, at your own time.
- ✿ The focus is on cardio-respiratory fitness, strength, flexibility, coordination, balance, and breath control.
- ✿ We dance to popular tunes and lift weights, we stretch and balance, all the while focusing on core strength and breath control.
- ✿ Women of all fitness levels are welcome
- ✿ Members can access program anytime, anywhere!

Contact Bonnie for more information and  
to obtain access to the program:  
[bloughran@wisc.edu](mailto:bloughran@wisc.edu)