

FITNESS
ON DEMAND



FLEX
by FitnessOnDemand™

JILLIAN
MICHAELS

GymRa

SWEAT
FACTOR

PILOXING

SHIFT

TONE+SHRED

STRONG
by ZUMBA

NOW AVAILABLE ON-THE-GO

Can't make it to the gym? No problem! Stream FitnessOnDemand™ virtual workouts directly from your phone or computer, where ever you are.



- ✓ Hundreds of classes from the world's top instructors
- ✓ Available 24/7
- ✓ Strength. Cardio. Yoga. HIIT + more!

STEPS TO BE PART OF THE PILOT:

LOGIN TO CARDINAL APPS & GO TO ENGAGE

JOIN THE "WELLNESS CENTER & NATATORIUM" ORGANIZATION

GET THE FLEX FITNESS ON DEMAND EMAIL IN YOUR UIW ACCOUNT & START WORKING OUT!

PLEASE ALLOW MAX 24 HRS FOR EMAIL INVITATION FOR FLEX

**The UIW Wellness Center is running a pilot for the month of May.
Sign-up, try it out & tell us what you think!**