<table>
<thead>
<tr>
<th>Monday</th>
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</tr>
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</table>
| 9:00-10:00 VVC Tai Chi  
9:00-10:00 Resistance Band  
11:00-12:00 VVC Stretch & Flexibility  
3:00-4:00 VVC Tai Chi | 8:00-9:00 VVC Tai Chi  
11:00-12:00 VVC Women Only Yoga  
1:00-2:00 VVC Yoga for Back Health  
2:00-3:00 VVC Tai Chi  
4:45-5:45 Body Weight Workout | 8:00-9:00 Body Weight Workout  
11:00-12:00 VVC Stretch & Flexibility  
1:00-2:00 VVC Yoga (Seated)  
3:00-4:00 VVC Tai Chi | 1:00-2:00 VVC Yoga (Standing)  
2:30-3:30 VVC Tai Chi  
4:30-5:30 VVC Tai Chi  
5:00-6:00 VVC Yoga | 8:00-9:00 VVC Tai Chi  
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1:00-2:00 VVC Tai Chi |

**For scheduling please contact (608) 372-3971 ext. 61417 or 66212**  
- Refer to the course list on the back of this calendar for class information.  
- Medical clearance must be completed by your provider prior to attending  
- Contact your PACT team for a consult to Whole Health
<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
<th>Class</th>
<th>Instructor</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monday (Blended)</td>
<td>9:00- 10:00 AM</td>
<td>VVC Wellness Tai Chi</td>
<td>Andy W.</td>
</tr>
<tr>
<td>Monday (Beginner)</td>
<td>3:00- 4:00 PM</td>
<td></td>
<td>Sara K.</td>
</tr>
<tr>
<td>Tuesday (Intermediate)</td>
<td>8:00- 9:00 AM</td>
<td></td>
<td>Sara K.</td>
</tr>
<tr>
<td>Tuesday (Blended)</td>
<td>2:00- 3:00 PM</td>
<td></td>
<td>Olin C.</td>
</tr>
<tr>
<td>Wednesday (Intermediate)</td>
<td>3:00- 4:00 PM</td>
<td></td>
<td>Dawn H.</td>
</tr>
<tr>
<td>Thursday (Blended)</td>
<td>2:30- 3:30 PM</td>
<td></td>
<td>Olin C.</td>
</tr>
<tr>
<td>Thursday (Adapted)</td>
<td>4:30- 5:30 PM</td>
<td></td>
<td>Harlan</td>
</tr>
<tr>
<td>Friday (Beginner)</td>
<td>8:00- 9:00 AM</td>
<td></td>
<td>Dawn H.</td>
</tr>
<tr>
<td>Friday (Blended)</td>
<td>1:00- 2:00 PM</td>
<td></td>
<td>Olin C.</td>
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<tr>
<td>Tuesday</td>
<td>11:00 AM- 12:00 PM</td>
<td>VVC Women Only Yoga</td>
<td>Denise S.</td>
</tr>
<tr>
<td>Tuesday</td>
<td>1:00- 2:00 PM</td>
<td>VVC Yoga for Back Health</td>
<td>Olin C.</td>
</tr>
<tr>
<td>Monday &amp; Friday</td>
<td>9:00- 10:00 AM</td>
<td>VVC Resistance Band Workout</td>
<td>Denise S.</td>
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<td>Tuesday</td>
<td>4:45- 5:45 PM</td>
<td>VVC Body Weight Workout</td>
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**Real-Time Instructor Taught Self Care Classes**

Your health and wellness is important to us, which is why VISN 12 Whole Health has contracted with Millennium Health & Fitness to provide VISN 12 Employees and Veterans **FREE unlimited access** to over 50+ live two way video interactive virtual weekly wellness classes offered via zoom. Can’t get to the gym or yoga studio, or just prefer to practice at home? These classes include Yoga, Pilates, cardio-core and Zumba! No matter what you are looking for in your wellness routine there is a class to help you! Want to reduce stress? - there are meditation classes offered. Want to build muscle, train your core and improve your posture? – there are Pilates offered. Offerings are provided at various times (early as 5:30AM) , throughout the day, and in the evening Monday - Sunday. A complete game changer for at-home sessions with a teacher who sees you. Convenience and self- care all provided at your fingertips, when you want it, at no charge as an employee.

**Step 1:** Create an account
Create an account at [https://e3.fitness/veteranaffairs/](https://e3.fitness/veteranaffairs/) and enter the password: USAVAMC
Click on the blue “Get Started Today” icon and then select the correct registration (Veteran or VAMC employee)
After registering, login to your email to active your account, select “activate your account” in the email, then access the available classes

**Step 2:** Register for classes
After creating an account, view the available live classes and simply click the class you wish to attend.
Select “register” and complete the zoom registration information (name, email, etc.)
You will receive a registration confirmation email that will provide you with the detailed information about the class you registered for: class description, dates, times, the link to join the class as well as a link to add the class to your calendar and establish calendar reminders.

**Step 3:** Set up your space and begin your wellness journey!
On the day and time of your class- select “Click Here to Join” hyperlink in your confirmation email or in the calendar invite you established.