

VIRTUAL MEMBERSHIP

Live Group Movement Classes On Facebook

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:15 AM	TAI CHI		TAI CHI		
8:30 AM		STRETCHING		STRETCHING	
10:00 AM	CARDIO BOX	STRENGTH	CARDIO BOX	STRENGTH	LINE DANCING
12:00 PM	STRENGTH		STRENGTH		
2:00 PM		STEP		STEP	

Anyone may sign up for the Virtual Membership option, even if you're not already an active participant at Engage. To enroll, please call 402-552-7210, or send your name & phone number to engage@unmc.edu requesting the Virtual Membership Option

- Approve the monthly cost **\$23.54** (\$22.00 fee + 1.54 tax) deducted through your existing Bank or Credit Card account on file at Engage Wellness – or if you're not currently a participant at Engage, we will need to get this information from you
- Participants must have a Facebook account
- When you sign up, you will receive an e-mail with instructions on how to join the private Virtual Membership group
- In addition to the Live classes, you will have access to all of the previously recorded classes
- Keep moving!