

JULY 2019

GROUP EXERCISE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
CATHERINE DODD WELLNESS CENTER 1145 Market St., 1 st Floor	12:10 – 12:55pm YOGA (Limit 30) 1:10 – 1:55pm TOTAL BODY TONING	12:10 – 12:55pm TOTAL BODY CONDITIONING (Limit 20) 1:10 – 1:55pm TAI CHI	12:10 – 12:55pm ZUMBA® (Limit 35) 1:10 – 1:55pm FELDENKRAIS 5:15 – 6:00pm YOGA	12:10 – 12:55pm PILATES 1:00-1:30pm LINE DANCING* (Starts 7/11) 5:15 – 6:00pm CARDIO JAM	12:10 – 12:55pm TOTAL BODY CONDITIONING (Limit 20) 1:10 – 1:55pm YOGA (Limit 30)
CITY HALL South Light Court	12:10 – 12:55pm ZUMBA®	12:10 – 12:55pm YOGA	12:10 – 12:55pm TAI CHI	12:10 – 12:55pm YOGA	12:10 – 12:55pm ZUMBA®

CHECK ONLINE FOR ADDITIONAL CLASSES, UPDATES, AND CANCELLATIONS: <https://www.sfhss.org/well-being/wellness-center>

WELL-BEING EVENTS

LOCATION: 1145 Market Street, Suite 100
 Unless indicated otherwise.

NEW WELLNESS CENTER EMAIL

Effective July 8TH the wellness@sfgov.org email address will no longer be available. Please use well-being@sfgov.org for all questions related to the Wellness Center moving forward.

CLASS CANCELLATIONS:

- 7/4 – HOLIDAY (All Classes)
- 7/5 – Total Body Conditioning

OPEN USE HOURS

The Wellness Center is also available for Open Use. Choose to do your own workout routine **MTWTHF 11:00-12:00 or 1:00-2:00**. Interested in using the Wellness Center at another time? Email us at well-being@sfgov.org.

QUESTIONS? Call 415-554-0643 or email well-being@sfgov.org

Participation in activities at the HSS Wellness Center is strictly voluntary. Before embarking on any physical activity program, I should consult my personal health care provider. Participating in physical activity may involve certain risks and I assume all associated risks. Any injuries suffered in conjunction with participation shall not be subject to reimbursement under any workers' compensation law or any other applicable law.

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WELL-BEING EVENTS



REGISTER TODAY!

Challenge Starts July 8

Do the things you enjoy and experience the rewards of being active. Register for the Keep America Active 6-week challenge to help you move every day. The challenge will keep you motivated and show you fun ways to make play a part of your day. Sign up today and invite your coworkers and family members to join the challenge too!

Challenge Details:

- 6-weeks: July 8 – August 18
- Participate as an individual or join a team
- Track your activity on the mobile app or online
- Win prizes along the way
- Connect your compatible fitness tracker device

Register at:

<https://www.sfhss.org/keep-america-active>

STAY ACTIVE SERIES

Make play the best part of your day! Attend these seminars and events to help you move more during your work day. Activities will be held in the Wellness Center Conference Room.

Exercise @Work - July 8, 12:00-12:30pm

Learn simple exercises with a stretch band to incorporate movement into your work day.

Get Moving - July 11, 12:10-12:55pm

Assess your readiness and confidence to start a physical activity routine and learn ways to make it work for you.

Chair Yoga - July 26, 12:00-12:30pm

Breathe, stretch and improve your posture with this simple routine you can do in your chair.

Line Dancing* - July 11-August 8, 1:00pm-1:30pm

Come down for an afternoon pick-me-up and join-in on our line dancing jam session.

WELLNESS COACHING

July 25, August 1, & August 8
10:00am - 2:00pm

Wellness Coaches are trained healthcare professionals, educated in health topics including nutrition and fitness. They specialize in helping you set a wellness goal and providing you with tools to succeed.

The Wellness Coach can help you to add more play into your day by finding the best type of exercise for your lifestyle. You'll learn how to make movement a habit and even learn to love being active! Come work with a Wellness Coach to set and improve your fitness goals. Free 20-minute appointments on Thursdays (7/25, 8/1, & 8/8).

For more information & to reserve your spot

Email: well-being@sfgov.org

ERGONOMICS TRAINING

Tuesday, July 16
9:00am – 11:00am

Ergonomics is the science that studies how to best make the work environment fit the worker. The goal of ergonomics is to help prevent injury and increase comfort and productivity. When ergonomic principles are applied in the work environment, visual and musculoskeletal discomfort and fatigue can be significantly reduced. By making adjustments to your work area and personal practices, you can minimize the risk factors that can contribute to injuries. HSS has partnered with the Department of Public Health to bring the monthly Ergonomics Training for employees to the Wellness Center. Employees can attend this 2-hour class during the work day with supervisor approval.

To Register Visit:

<https://ergotraining.eventbrite.com>