

SCH EMPLOYEE FITNESS CLASSES

Starting January 7, 2019



Physical Therapies Gym



DAY	TIME	CLASS	INSTRUCTOR
MONDAY Starts Jan 7	12:05-12:50	Yin Yoga	Phav
TUESDAY Starts Jan 8	12:05-12:50	Circuit	Julia
WEDNESDAY Starts Jan 9	12:00– 12:45	Yoga	Candace

Class Descriptions:

Yin Yoga practice involves stressing/stretching tissues safely, for a longer periods of time while relaxed.

Yoga Fit: Traditional breathing techniques and poses with strength components. A great addition to your regular workouts or for anyone who is just getting started.

(bring your own yoga mat)

Circuit: Combines strength and cardio moves for a great overall body challenge. Finish off with a great stretch.

Classes started this week—but there's still time to participate. Just show up and pay the instructor.

\$6/class

Visit our website for more great
Healthy Workplace Initiatives:
www.shrhealthyworkplace.ca

... a healthy workplace initiative