

SCH EMPLOYEE FITNESS CLASSES

Starting April 3, 2019

Classes are held in the Physical Therapies Gym on the main floor.



DAY	TIME	CLASS	INSTRUCTOR
MONDAY Starts April 8	12:05-12:50	Yin Yoga	Phav
TUESDAY	12:00-1:00	Open Gym for Employees	
WEDNESDAY Starts April 3	12:00– 12:45	Yoga	Candace

Class Descriptions:

Yin Yoga practice involves stressing/stretching tissues safely, for a longer periods of time while relaxed. Yin targets the denser, deeper, more plastic / less elastic, such as Ligaments, joint capsules, cartilage, bones and facial networks of body. Yin yoga can be worked all over body.

Yoga: 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)*

Open Gym: Available for employees who wish to do their own workouts, shoot baskets, etc. This is a shared space with others.

We require a minimum of 8 people registered in each class to run it.

Register on the Training Registration System on Infonet:

Applications—Training Registration System—Healthy Workplace

***(Please pay instructor on first day of class—
cheque preferred made out to Sask Health Authority)***

Visit our website for other great initiatives!

www.shrhealthyworkplace.ca

CLASS FEES:

Yoga—Monday

April 8-June 3
8 weeks—\$45

Yoga—Wednesday

April 3—June 26
13 weeks: \$75

Both yoga classes: \$110

Contact Mimi if you have questions at:
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...a healthy workplace initiative