

RUH EMPLOYEE FITNESS CLASSES

Starting September 16, 2019

Ellis Hall Gymnasium



DAY	TIME	CLASS	INSTRUCTOR
MONDAY Starts Sept.16	12:05-12:50	Circuit	Julia
TUESDAY Starts Sept 17	12:05-12:50	Yoga	TBD
THURSDAY Starts Sept.19	12:05-12:50	Yoga	Laureen

Class Descriptions:

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.

Register on the Infonet:

Applications/Training Registration/Healthy Workplace

If you do not have access, to Infonet, email:

Mimi.lodoen@saskhealthauthority.ca

CLASS FEES:

Circuit—Monday

Sept. 16-Dec. 16
12 weeks—\$70

Yoga—Thursday

14 weeks— \$80

... a healthy workplace initiative



Saskatchewan
Health Authority



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