

SCH EMPLOYEE FITNESS CLASSES

Starting September 16, 2019

Physical Therapies Gym



DAY	TIME	CLASS	INSTRUCTOR
MONDAY Starts Sept 16	12:05-12:50	Yoga Fit	Laureen
TUESDAY Starts Sept 17	12:05-12:50	Circuit	Julia
WEDNESDAY Starts Sept 18	12:00– 12:45	Yoga Fit	Candace

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, email:

Mimi.lodoen@saskhealthauthority.ca

CLASS FEES:

Yoga—Monday
Sept. 16-Dec. 16
12 weeks—\$70

Circuit—Tuesdays
14 weeks— \$80

Yoga—Wednesday
14 weeks— \$80

The only bad workout is the one you didn't do.

... a healthy workplace initiative



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