

FEBRUARY 2017

GROUP EXERCISE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
HSS WELLNESS CENTER 1145 Market St., 1st 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 BELLYWOOD 5:15 – 6:00pm ZUMBA®	12:10 – 12:55pm ZUMBA® (Limit 35) 1:10 – 1:55pm YOGA 5:15 – 6:00pm INTERVAL TRAINING	12:10 – 12:55pm LATIN DANCE: BACHATA 1:10 – 1:55pm TOTAL BODY TONING 5:15 – 6:00pm ZUMBA®	12:10 – 12:55pm TAICHI
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®
CIVIC CENTER PLAZA Polk side of hardscape	8:00 – 9:00am ZUMBA®	12:00 – 1:00pm ZUMBA®	12:00 – 1:00pm ZUMBA®	12:00 – 1:00pm ZUMBA®	8:00 – 9:00am ZUMBA®
LIBRARY 100 Larkin St.			12:00 - 12:30pm MEDITATION (James C. Hormel Gay & Lesbian Center, 3rd Fl.)		
ONE SOUTH VAN NESS	12:00 – 1:00pm YOGA (8th Floor, Crissy Field Room) SOUL LINE DANCING (6th Fl., Conference Room)	12:00 – 1:00pm YOGA (8th Floor, Crissy Field Room) 5:30 – 6:30pm ZUMBA TONING (8th Fl., Crissy Field Room)	12:00 – 1:00pm YOGA (8th Fl., Crissy Field Room)	12:00 – 1:00pm YOGA (8th Fl., Crissy Field Room) 5:30 – 6:30pm ZUMBA (8th Fl., Crissy Field Room)	12:00 – 1:00pm YOGA (8th Fl., Crissy Field Room)

CHECK ONLINE FOR UPDATES AND CANCELLATIONS: <http://myhss.org/well-being/seminars.html>

For updates about the outdoor classes in Civic Center Plaza, please visit: <http://sfrecpark.org/recprogram/zumba-in-the-parks/>

NOTICE: No Preregistration Starting January 31st
Total Body Conditioning

Due to smaller class size, we are stopping preregistration.
Please sign-in at the Wellness Center computer.

QUESTIONS? Call 415-554-0643 or email wellness@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.

FEBRUARY 2017

WELLNESS CENTER ACTIVITIES

NATIONAL WEAR RED DAY

Friday, February 3

12:10pm–12:55pm & 1:10pm–1:55pm

Wear red to raise awareness about heart disease and stroke. Join us for a heart healthy activity and learn about warning signs and symptoms of a heart attack and stroke. Get tips on a few ways you can reduce your risk of heart disease. *Light refreshments will be provided.*

RSVP at:

<https://sfhsswearredday.eventbrite.com>

FOOD DEMONSTRATION

Wednesday, February 15 // 12:10pm–12:55pm

February is Heart Health month. To promote heart health and to help encourage healthy choices in eating better, we're bringing a Chef onsite! Come to the Heart Healthy food demonstration and learn what types of foods you can eat and how to prepare it to reduce your risk of heart disease and stroke. *Samples will be provided.*

Space is limited. RSVP at:

<https://sfhssfooddemo.eventbrite.com>

HEALTH SCREENING

Wednesday, March 1 // 10:00am–2:00pm

Knowing your numbers and what they mean is an important first step in taking care of your health. Schedule a 20-minute screening appointment to measure your blood pressure, glucose, cholesterol, Body Mass Index and body fat. A health professional will review your results compared to a healthy range. Fasting is not required. *Limited appointments available. Please arrive 10 minutes prior to your scheduled appointment time.*

Schedule appointments before 2/15 at:

<https://wellness-event.kaiserpermanente.org/>

EVENT CODE: CCSF

NEW! HEALTHY WEIGHT: 12-WEEK PROGRAM

Starting Thursday, February 23

Your weight is more than a number on a scale - it's how you feel every day, inside and out. Maintaining a healthy weight means making small changes that add up to big success. In this three-month program, we'll help you tackle issues in your day-to-day life that make weight loss difficult, such as stress, lack of sleep, easy access to unhealthy food, and finding time to exercise. Learn how making healthy lifestyle choices, including regular exercise, proper nutrition, and keeping a positive attitude, can help you lose weight and keep it off. During this program, you'll learn to adopt healthier behaviors and attitudes for long term weight loss, while also connecting and learning from others in the group. Take a first step toward your healthy weight goals!

Program Details:

1. Register by contacting wellness@sfgov.org no later than 2/17.
2. Orientation: Thursday, 2/23 from 12:10pm–12:55pm.
3. 6 Weeks of Classes: Thursdays, 3/2–4/6 12:10–12:55pm. Bring your lunch!
4. Coaching: Thursdays, 4/13–5/18. Work one-on-one with a coach or in small groups.
5. Celebration: 5/25

WELLNESS CENTER

1145 Market Street, 1st Floor
(415) 554-0643 WELLNESS
(800) 795-2351 EAP