

MARCH 2018

GROUP EXERCISE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
HSS WELLNESS CENTER 1145 Market St., 1 st Floor	12:10 – 12:55pm YOGA (Limit 30) 1:10 – 1:55pm TOTAL BODY TONING	12:10 – 12:55pm TOTAL BODY CONDITIONING (Limit 20)	12:10 – 12:55pm ZUMBA® (Limit 35) 1:10 – 1:55pm FELDENKRAIS 5:15 – 6:00pm INTERVAL TRAINING	12:10 – 12:55pm LATIN DANCE: BACHATA 1:10 – 1:55pm TOTAL BODY TONING only 3/1 and 3/8 5:15 – 6:00pm ZUMBA®	12:10 – 12:55pm TAI CHI only 3/2 and 3/9 12:10 – 12:55pm TOTAL BODY CONDITIONING starting 3/16 (Limit 20)
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®

CHECK ONLINE FOR ADDITIONAL CLASSES, UPDATES, AND CANCELLATIONS: <http://sfhss.org/well-being/exerciseclasses.html>

WELL-BEING EVENTS

LOCATION: 1145 Market Street, Suite 100
 Unless indicated otherwise.

CLASS UPDATES:

SCHEDULE UPDATES

- Starting 3/16 - Total Body Conditioning will be offered on Fridays at 12:10 (this is in addition to the Tuesday class)
- Last class 3/8 - Total Body Toning on Thursdays at 1:10 will no longer be offered after 3/8.
- Last class – 3/9 - Tai Chi will no longer be offered after 3/9.

INSTRUCTOR UPDATES

- Starting February 22nd, please welcome Maria Rodriguez, the new Thursday 5:15pm Zumba Instructor.
- We want to thank Fatima the Monday Yoga instructor for her service and dedication to our members. Fatima's last day is March 5th.
- Starting March 12th, please welcome Anna Pradhan as the Monday Yoga instructor.

OPEN USE HOURS

Monday - Friday

11:00am – 12:00pm & 1:00pm – 2:00pm

In addition to our Group Exercise class offerings, the Wellness Center is also available for Open Use. Choose to do your own workout routine Monday-Friday 11:00-12:00 or 1:00-2:00. Interested in using the Wellness Center at another time? Email us at wellness@sfgov.org.

Open Use Hours may be unavailable due to scheduled events in the Wellness Center.

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.

MARCH 2018

WELL-BEING EVENTS

ERGONOMICS TRAINING

Wednesday, March 21

9:00 – 11:00am

Ergonomics is the science that studies how to best make the work environment fit the worker. The goal of ergonomics is to help prevent injury and increase comfort and productivity. When ergonomic principles are applied in the work environment, visual and musculoskeletal discomfort and fatigue can be significantly reduced. By making adjustments to your work area and personal practices, you can minimize the risk factors that can contribute to injuries. HSS has partnered with the Department of Public Health to bring the monthly Ergonomics Training for employees to the Wellness Center. Employees can attend this 2-hour class during the work day with supervisor approval.

Registration Required:

<https://2018ergotraining.eventbrite.com>

For a complete list of trainings from March to June visit http://myhss.org/well-being/downloads/OfficeErgonomics_Flyer.pdf. Register for the class that works best for you.

EMPLOYEE ASSISTANCE PROGRAM

Employee Assistance Counselors are available at the Wellness Center by appointment. Services are free, voluntary, and confidential.

Call 415-554-0610 or 800-795-2351.

WE'RE HERE *For You*