

# MAY 2018

## GROUP EXERCISE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>CATHERINE DODD WELLNESS CENTER</b> 1145 Market St., 1 <sup>st</sup> Floor	<b>12:10 – 12:55pm</b> YOGA (Limit 30)  <b>1:10 – 1:55pm</b> TOTAL BODY TONING	<b>12:10 – 12:55pm</b> TOTAL BODY CONDITIONING (Limit 20)  <b>1:10 – 1:55pm</b> <b>TAI CHI (NEW)</b>  <b>5:15 – 6:00pm</b> <b>ZUMBA® (NEW)</b>	<b>12:10 – 12:55pm</b> ZUMBA® (Limit 35)  <b>1:10 – 1:55pm</b> FELDENKRAIS  <b>5:15 – 6:00pm</b> INTERVAL TRAINING	<b>12:00 – 1:00pm</b> <b>VIDEO THURSDAYS*</b>  <b>5:15 – 6:00pm</b> ZUMBA®	<b>12:10 – 12:55pm</b> TOTAL BODY CONDITIONING (Limit 20)
<b>CITY HALL</b> South Light Court	<b>12:10 – 12:55pm</b> ZUMBA®	<b>12:10 – 12:55pm</b> YOGA	<b>TAI CHI</b> (Canceled until June 13)	<b>12:10 – 12:55pm</b> YOGA	<b>12:10 – 12:55pm</b> 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.

### NEW TUESDAY CLASSES AT THE WELLNESS CENTER Starting 5/1

#### Tai Chi, 1:10-1:55pm with Alex

Tai Chi uses slow smooth body movements to achieve a state of relaxation of both body and mind. While keeping your body in constant motion, this class is low impact and puts minimal stress on muscles and joints.

#### Zumba®, 5:15-6:00pm with Matt

The Zumba workout features easy dance moves to Latin music - no partner required. This class is a high energy workout. Please adjust the pace of the moves to best suit your fitness level. Wear comfortable clothing and exercise footwear.

### CLASS CANCELLATIONS:

- 5/1 – Yoga at City Hall
- 5/2-6/6 – Tai Chi at City Hall (will start again 6/13)
- 5/10 – Yoga at City Hall
- **Latin Dance: Bachata** is canceled until further notice. Thank you, Matt Namkung!

### OPEN USE HOURS:

The Wellness Center is also available for Open Use. Choose to do your own workout routine **MTWF 11:00-12:00 or 1:00-2:00 and 11-2 on TH. \*Come in for Video Thursdays at 12:00pm.** Interested in using the Wellness Center at another time? Email us at [wellness@sfgov.org](mailto: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](mailto: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.*

# MAY 2018

## WELL-BEING EVENTS

### SAVE THE DATE:

### WELLNESS CENTER 4<sup>TH</sup> ANNIVERSARY CELEBRATION

**Wellness Week – May 14 to May 18**

Take advantage of all the Wellness Center offers to employees and retirees at NO cost! Take an exercise class, learn to eat healthier at a seminar, measure your blood pressure or BMI, and learn all EAP has to offer. **Participate in the Wellness Week passport for chances to win prizes.**

Keep an eye out for the **Wellness Week calendar and passport for details.**

### CHAIR YOGA

Friday, May 18 / 1:10 – 1:55pm

Breathe, stretch, and improve your posture with this simple routine you can do in your chair. This routine is excellent for the employee who sits all day or anyone with limited mobility. Strengthen your core to improve your posture, learn breathing techniques to release tension in the mind and body, and stretch all your major muscle groups. **NO RSVP REQUIRED.**

### OFFICE ERGONOMICS TRAINING

Tuesday, May 22 / 9:00 – 11:00am

**PRESENTED BY: Department of Public Health, Occupational Safety and Health**

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. **Employees should attend on work time with supervisor approval. View more dates and to register: <https://2018ergotraining.eventbrite.com>**



This spring we're focusing on healthy eating, especially all of the delicious in-season fruits and vegetables. Consider joining us for the upcoming activities in May to support your healthy eating habits.

**It's not too late to join the Colorful Choices Challenge, register today at: <http://myhss.org/well-being/eatbetterfeelbetter.html>**

### SAVVY GROCERY SHOPPING

Wednesday, May 16 / 12:10 – 12:55pm

Come join us for a brief presentation and a walking tour of the Heart of the City Farmers' Market with a Registered Dietitian to learn about choosing the healthiest foods while staying within your budget. **Participants please meet in the Wellness Center conference room, 1145 Market Street, 1st Fl. at 12:10pm.**

### SALSA THURSDAY

Thursday, May 17 / 12:00 – 2:00pm

Join us during your lunch break to taste test, vote for your favorite homemade salsa, listen to Latin music and learn basic dance moves.

### **Salsa chefs! Enter your best salsa to win!**

Have a favorite salsa recipe? Enter your best homemade colorful salsa into the Taste Test Contest for a chance to win a wellness prize pack! **To sign-up and get instructions on submitting your salsa entries, email: [wellness@sfgov.org](mailto:wellness@sfgov.org) by 5/11.**