

# AUGUST 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> TAI CHI (ENDS 8/14)  <b>5:15 – 6:00pm</b> ZUMBA®	<b>12:10 – 12:55pm</b> ZUMBA® (Limit 35)  <b>1:10 – 1:55pm</b> FELDENKRAIS  <b>5:15 – 6:00pm</b> YOGALATES (NEW CLASS)	<b>12:10 – 12:55pm</b> TOTAL BODY CONDITIONING (Limit 20) (NEW DAY)  <b>1:10 – 1:55pm</b> PILATES (NEW CLASS, STARTS 8/9)  <b>5:15 – 6:00pm</b> ZUMBA®	<b>12:10 – 12:55pm</b> YOGA (Limit 30) (NEW CLASS)
<b>CITY HALL</b> South Light Court	<b>12:10 – 12:55pm</b> ZUMBA®	<b>12:10 – 12:55pm</b> YOGA	<b>12:10 – 12:55pm</b> TAI CHI	<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>

## CLASS UPDATES

### WHAT'S NEW?

Order these by day of the week...

**NEW CLASS – Yogalates, Wednesday 5:15-6:00** with Stephanie. This class is a little bit yoga and a little bit Pilates. The focus is on strengthening your core muscles and improving posture. First class 8/1.

**NEW DAY – Total Body Conditioning moves to Thursday 12:10-12:55** with Belle. Change effective 8/2.

**NEW CLASS – Pilates, Thursday 1:10-1:55** with Sue. First class 8/9.

**NEW CLASS – Yoga, Friday 12:10-12:55** with Vanessa. First class 8/3.

### CLASS CANCELLATIONS:

- 8/1 – Tai Chi at City Hall
- Starting 8/1 – Interval Training 5:20pm is cancelled
- Starting 8/21 – Tai Chi at Wellness Center is cancelled (Last class is 8/14)
- 8/30 – Total Body Conditioning & Pilates at Wellness Center – **Come to the Fitness Fair 11:30-2:00**

### OPEN USE HOURS

Choose to do your own workout routine **Mon-Fri 11:00-12:00 or 1:00-2:00**. Open Use Hours may be unavailable due to scheduled events in the Wellness Center.

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.

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## WELL-BEING EVENTS



### FITNESS FAIR 2018

**Thursday, August 30**  
**11:30am – 2:00pm**

Get moving today: Attend the **Wellness Center's Play Your Way Fitness Fair on Thursday, August 30** and learn about the free, low-cost, and discounted services available to employees and retirees.

Activities include:

- Activity BINGO Scavenger Hunt
- Play games
- Learn about the fitness membership discounts, commuter benefits and more
- Sign up for the Table Tennis Tournament
- Meet the Wellness Coach
- Register for the 6-week Keep America Active Challenge
- Enter to win prizes

FREE. No RSVP Required.

## 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*

## ERGONOMICS TRAINING

**Tuesday, August 28**  
**9:00am – 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 August to December visit [http://myhss.org/well-being/downloads/OfficeErgonomics\\_Flyer.pdf](http://myhss.org/well-being/downloads/OfficeErgonomics_Flyer.pdf). Register for the class that works best for you.

### QUESTIONS?

Call 415-554-0643

Email [wellness@sfgov.org](mailto:wellness@sfgov.org)