

Stay Fit This Summer with Group Fitness Classes

FITNESS

Summer 2019: Classes from June 11 - July 11

All Fitness Levels Welcome! Adjustments Provided for Beginners to Advanced



Circuit Training

High intensity and high energy muscle conditioning focusing on those hips, thighs, glutes, and most important, creating a strong core!



Yoga

Engage in the flow of flexibility, strength, balance, and breathing all combined into one yoga flow giving your body the proper balance of relaxation and energy.



Zumba

Feel the workout in the rhythm of this Latin-inspired workout that combines fun-filled exercise enriched in music and dance.

Summer Schedule

Tuesdays

Circuit Training
RATA High School | 4:00pm

Wednesdays

Circuit Training
Education Center | 5:30pm

Thursdays

Yoga
RATA High School | 1:30pm

Zumba
RATA High School | 2:30pm

Available for active employees, spouses, domestic partners, dependents age 18 and over, early retirees, and retirees covered under the District's health benefit plan.

www.JHMBHealthConnect.com/group-fitness-classes



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