



community **fit** FINDING INSPIRATION TOGETHER

2025 VIRTUAL CLASSES: WED & FRI SEPTEMBER 17–OCTOBER 24

Register and mark your calendars for every Wednesday and Friday at 12:15 p.m. Class length: 30 minutes.

Wednesdays at 12:15 p.m.

C.O.R.E. (Calm. Open. Realign. Energize.)

C.O.R.E. is a restorative class designed to reset your posture, soothe your nervous system, and bring your body back into balance. Through gentle stretches, mindful breathwork, and mobility exercises that can be done at your desk, you'll learn simple exercises to release tension and realign your spine. This class focuses on reconnecting your core – not just your abs, but the deep center of strength, calm and support within you. Perfect for anyone seeking relief from prolonged sitting, this practice leaves you feeling lighter, longer, and more at ease.

Fridays 12:15 p.m.

Working WithIN

(Working with an Integrated Nervous System)

Working WithIN is a somatic-based class designed to help you reconnect with your nervous system so you can show up more grounded, clear, and resilient -at work and in life. When your internal systems are integrated, it's easier to stay focused, regulate emotions, and make thoughtful decisions even under pressure. Through breathwork and body-based awareness practices, this class supports you in building a resilient nervous system that restores calm and enhances capacity in the face of daily stressors, geared to help you lead, collaborate, and care for yourself.

Instructor: Classes are led by James Crader, an embodied behavior practitioner and educator who specializes in the fields of embodiment, attention, and resilience. With a curated background in communications sciences, moving somatic experience, stress and trauma work, and organizational change and leadership coaching, Crader creates a unique body-centered experience and engages in conversation around topics that range from personal wellness to systemic change.

Register at choosewha.com/communityfit

- Existing CommunityFIT participants will automatically receive Zoom registration info and link in email.
- NEW to CommunityFIT, register online at choosewha.com/communityfit. Once registered, check email for Zoom registration info and link.
- Tips for Success: Save all classes to your calendar; then log into Zoom just prior to class!



CommunityFIT is a free, community-based fitness program sponsored by Western Health Advantage. All fitness levels are welcome. Always check with your doctor before starting any exercise program. Registration and waiver forms are required to participate in classes; see web page for full details. WHA cannot guarantee the security of any communications you make to the host or instructor over Zoom. Please do not share any personal information over any CommunityFIT Zoom session.

