

# community **fit** FINDING INSPIRATION TOGETHER

Local health plan Western Health Advantage is proud to support the health and wellbeing of our community. WHA invites you to join us in creating a fit and healthy Sacramento by attending any of the classes offered in our program—at no cost to you. The program is open to everyone in the community.

Register at [choosewha.com/communityfit](https://choosewha.com/communityfit)

**communityfit yoga** is designed to both improve fitness and promote stress relief. By performing slow movements and postures and focusing on long, deep breaths, you will stretch and strengthen your muscles and increase your range of motion. You may notice improvements in your mind as well.

**communityfit mat pilates** is a way to stretch and strengthen your body by using a series of exercises performed equipment-free, with just your body and a floor mat for cushioning and support. Mat Pilates borrows from disciplines such as dance, yoga and classic calisthenics and is a great way to improve strength, posture, and decrease your risk of injuries.

**communityfit movelab** is designed to help you create a mindful and fulfilling relationship with movement. It's a great class for both new and experienced movers that will challenge you with body-weight exercises, flexibility and mobility drills, balancing challenges, and meditation. You'll not only learn about yourself, but have fun doing it.

All fitness levels 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. See reverse for class schedule. Note: Classes are first come, first serve [limited to 25 participants].

## 8 WEEKS IN SPRING 2020

May 5 – June 26

## 4 PARKS IN DOWNTOWN SACRAMENTO

<b>Cesar Chavez Plaza</b>	910 I STREET
<b>Roosevelt Park</b>	1615 9TH STREET
<b>Fremont Park</b>	1515 Q STREET
<b>Crocker Park</b>	211 O STREET

## 3 CLASSES TO CHOOSE FROM



## Western Health Advantage

**communityfit** is a free, community-based fitness program sponsored by Western Health Advantage

May 5 – June 26, 2020

all classes 12:15 – 12:45 p.m.

communityfit SCHEDULE

MAY	MOVELAB	MAT PILATES	YOGA	MOVELAB
tuesday 5	Crocker Park			
wednesday 6		Roosevelt Park		
thursday 7			Cesar Chavez Plaza	
friday 8				Fremont Park
tuesday 12	Crocker Park			
wednesday 13		Roosevelt Park		
thursday 14			Cesar Chavez Plaza	
friday 15				Fremont Park
tuesday 19	Crocker Park			
wednesday 20		Roosevelt Park		
thursday 21			Cesar Chavez Plaza	
friday 22				Fremont Park
tuesday 26	Crocker Park			
wednesday 27		Roosevelt Park		
thursday 28			Cesar Chavez Plaza	
friday 29				Fremont Park
JUNE	MOVELAB	MAT PILATES	YOGA	MOVELAB
tuesday 2	Crocker Park			
wednesday 3		Roosevelt Park		
thursday 4			Cesar Chavez Plaza	
friday 5				Fremont Park
tuesday 9	Crocker Park			
wednesday 10		Roosevelt Park		
thursday 11			Cesar Chavez Plaza	
friday 12				Fremont Park
tuesday 16	Crocker Park			
wednesday 17		Roosevelt Park		
thursday 18			Cesar Chavez Plaza	
friday 19				Fremont Park
tuesday 23	Crocker Park			
wednesday 24		Roosevelt Park		
thursday 25			Cesar Chavez Plaza	
friday 26				Fremont Park



**Crocker Park** 211 O STREET  
**Roosevelt Park** 1615 9TH STREET  
**Cesar Chavez Plaza** 910 I STREET  
**Fremont Park** 1515 Q STREET

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