

# community **fit** FINDING INSPIRATION TOGETHER

School's Insurance Group (SIG) and local health plan Western Health Advantage invite you to join in creating a fit and healthy community by participating in **communityfit**—at no cost to you.

**JUNE 11 – JULY 23, 2019**

Tue / Thu [see exceptions] | 2 times daily

**KASEBERG PARK**

1151 Rand Way, Roseville, CA 95678

The first 50 new participants to take a communityfit class will receive\* a yoga mat! All participants will be entered to win\*\* fabulous prizes such as activity trackers and gift cards to local fitness merchants, grocery stores and meal delivery services. One entry for each spring 2019 class: the more classes you attend, the better your chances!



## communityfit **morning meltdown**

is designed to energize your body and mind! Each week enjoy a new set of exercises that build strength and endurance while engaging core, balance and flexibility. Challenge yourself to an early morning summer workout adventure. All fitness levels welcome.

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

### class schedule: morning meltdown

#### JUNE

tuesday 11	5:45-6:30 a.m.   7-7:45 a.m.
thursday 13	5:45-6:30 a.m.   7-7:45 a.m.
tuesday 18	5:45-6:30 a.m.   7-7:45 a.m.
thursday 20	5:45-6:30 a.m.   7-7:45 a.m.
tuesday 25	5:45-6:30 a.m.   7-7:45 a.m.
thursday 27	5:45-6:30 a.m.   7-7:45 a.m.

#### july

tuesday 2	5:45-6:30 a.m.   7-7:45 a.m.
thursday 4	no classes
tuesday 9	5:45-6:30 a.m.   7-7:45 a.m.
thursday 11	5:45-6:30 a.m.   7-7:45 a.m.
tuesday 16	5:45-6:30 a.m.   7-7:45 a.m.
thursday 18	5:45-6:30 a.m.   7-7:45 a.m.
tuesday 23	5:45-6:30 a.m.   7-7:45 a.m.

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. Classes are first come, first serve [limited to 25 participants].

\*Yoga mats will be handed out at the end of each class. \*\*See official rules online. Random drawing conducted in July 2019 by WHA.



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

