

Alameda County Employee Wellness Program 2017 FITNESS CLASS SCHEDULE – Series 2

Location	Series	Time	Mon	Tues	Wed	Thurs
The Malonga Center 1428 Alice Street Studio A, Oakland	Series 2 May 22- August 18	12:10 - 12:50pm			Zumba	Body Conditioning
1401 Lakeside Rm 201, 2 nd Floor Oakland	Series 2 May 22- August 18	5:30 – 6:30pm		Zumba		Zumba
2000 Embarcadero Fitness Center Oakland	Series 2 May 22- August 18	12:10- 12:50pm		Yoga Level 1 & 2		Zumba
Alameda County Library 2450 Stevenson Blvd. Fukaya Room Fremont	Series 2 May 22- August 18	11:30am- 12:15pm		Yoga Level 1 & 2		
Public Works Auditorium 399 Elmhurst Hayward	Series 2 May 22- August 18	5:30 – 6:30pm		Zumba		Body Conditioning
CDA Public Hearing Room 224 West Winton Room 160 Hayward	Series 2 May 22- August 18	12:10- 12:50pm			Yoga Level 1 & 2 (no class on 4 th Wednesdays)	
1100 San Leandro Blvd. Redwood Room, 1 st Floor San Leandro	Series 2 May 22- August 18	5:30 – 6:30pm			Zumba	
Child Support Svc. 5669 Gibraltar Dr. Pleasanton	Series 2 May 22- August 18	5:15 – 6:00pm		Body Conditioning		
Law Library Bldg. Conf Rm 390 125-12th Street Oakland	Series 2 May 22- August 18	12:10 - 12:50pm	Yoga Level 1 & 2	Intro to Fitness		Gentle Yoga
		1:10 – 1:50 pm	Yoga Level 1 & 2	Intro to Fitness		Yoga Level 1 & 2




There will be three series of Fitness Classes throughout 2017:

Series 1: January 30 through April 28

Series 2: May 22 through August 18 (Classes will not be held on the following County holidays: 5/29, 7/4)

Series 3: September 11 through December 15 (Classes will not be held on the following County holidays: 11/10, 11/20-11/24)

**TO REGISTER: County employees type the following URL into your browser
<http://alcoweb.acgov.org/rmu/wellness/index.htm>, then click Event Registration**

FITNESS CLASS DESCRIPTIONS		
	<p>Body Conditioning: This is a total-body workout that helps students reshape their bodies, build core strength, and lose weight using multiple exercise methods. Tailored for all levels, this fun and interactive fitness class will focus on cardiovascular work, muscle conditioning and core toning. A mat, towel, some water, and 3 - 5 lb. weights are all you need. Come join us!</p>	<p>Zumba Fitness: Zumba® is a dance-based fitness class that combines Latin and international music with unique moves and dynamic combinations. The routines utilize the principles of aerobic interval and resistance training. A combination of fast and slow rhythms tone and sculpt the body, maximizing caloric output, fat burning and total body toning. All you need is a towel and some water. Come join the fun!</p> <p>World Dance: Travel the world in this Latin and Afro-Caribbean inspired dance class with toning and aerobic movement. Available only on Tuesday evenings at Child Support Services, Pleasanton.</p>
	<p>Yoga Level 1 & 2: This class focuses on the classic yoga postures, alignment principles and breathing techniques. It is designed to develop body awareness, flexibility, strength, and agility. In this class students will be led through a balanced practice of yoga postures, breathing exercises, and mindfulness techniques to improve the physiological systems of the body, steadiness of mind and connection to self. Students will be encouraged and assisted in developing their own at-home practice. Suitable for all levels.</p>	
<p>Do you want or need to take a kinder/gentler approach to getting fit?</p>  <p>Take one or both of these classes!</p>	<p>Intro to Fitness: This class is offered at a slower pace and focuses on the basics. This class uses a combination of gentle aerobic and body weight workouts with plenty of low-impact, low intensity options. Find easy and safe ways to improve your well-being in a caring and welcoming environment. All activities are modeled and modifications given to assist different levels and learning needs.</p>	<p>Gentle Yoga: Gentle Yoga focuses on easeful, supported poses that help rejuvenate and heal the body. This class is held at a slower pace and focuses on stretching all areas of the body, while releasing stress and tension from joints and muscles. Yoga props such as blankets, blocks and straps may be used for safe practice and to allow the body to fully achieve each position comfortably. Students recovering from illness, injury, or stress or with limitations related to age or size will benefit from this practice. Those with medical conditions, please check with your physician prior to participating.</p>

FOR MORE INFORMATION: Contact Wellness Works at (510)271-5190; email us at wellness@acgov.org; or visit us at www.acgov.org/wellness .

