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Subject: FW: Bootcamp & Yoga start March 22- Healthier State House Fitness Schedule

Attachments: Fitness class schedule_AHS.PDF

Everyone is invited to join in the free Boot Camp and Yoga fitness classes starting March 22nd. Please refer to the attached schedule and detailed information

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A Healthier State House teams,

Our free Boot Camp and Yoga fitness classes begin, March 22nd! Thanks to the Downtown YMCA for providing instructors, Carleen & Sharon. These sessions are open to Senate & House members, State House staff, Lobbyists, and State Agency employees with offices surrounding the State House. A waiver will be signed during your first session. The details are below and the calendar is attached for your review, printing, and posting. Sessions are for all ages and fitness levels, alternative movements will be provided for any physical limitations. Sessions are outside, so will be cancelled in inclement weather.

Boot Camp, Wednesdays beginning March 22nd, 5:15pm

- State House stairs- Gervais side
- Bring towel and water
- Instructor- Carleen
- Inclement weather will cancel sessions

Yoga, Thursday mornings beginning March 23rd, 7:15am

- State House stairs- Pendleton side
- Bring yoga mat, towel, water
- Instructor- Sharon
- Inclement weather and temperature below 50 degrees will cancel sessions

Join us on March 22nd at 9:30am for the official ribbon cutting of the State House Walking Trail markers.

If you have any questions, please contact me via email or cell phone. See you next week!

Best in health,
Jen

JEN WRIGHT, MPH | *program director*

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