

From: Betsy Hossenlopp <BetsyHossenlopp@scsenate.gov>

To: ALLUSERS <ALLUSERS@scpits.local>

Date: 3/20/2017 2:58:02 PM

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

Attachments: [Fitness class schedule\\_AHS.PDF](#)

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

Betsy Hossenlopp BSN.RN.  
South Carolina State Senate  
Legislative Health Services Director  
Gressette Senate Building  
P.O. BOX 142  
Columbia, SC 29202  
Office 803-212-6175  
Cell 803-223-4376

A Healthier State House teams,

Our free Boot Camp and Yoga fitness classes begin, March 22<sup>nd</sup>! 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 22<sup>nd</sup>, 5:15pm

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

Yoga, Thursday mornings beginning March 23<sup>rd</sup>, 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 22<sup>nd</sup> 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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