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Subject: FW: Fitness Classes as State House- invite to Healthier State agencies

Attachments: [AHS March Fitness Class Schedule_2016.xlsx](#)

[AHS Fitness Release.doc](#)

Hello Healthier State agencies!

I'm excited to be able to invite you and your agency employees to fitness classes at the SC State House, beginning this week! The March fitness schedule is attached. There will be Yoga on Tuesdays and Thursdays at 8am, and Bootcamp on Wednesdays at 6pm.

As part of the Healthier State House initiative we are implementing the Working Well strategies that you are familiar with, at the State House for our legislators, lobbyists, and state house staff. Since your agency offices are on or near the State House grounds, we'd like to extend the opportunity to your employees. Offering onsite classes increases access, opportunity, and likelihood of employees being more physically active but can be very challenging to offer financially and logistically. We hope that this can help overcome those challenges. We will be providing classes weekly March – May 2016 at no cost to participants. These classes are for all fitness levels and modification will be offered for anyone who needs them. Please refer to the schedule for details and locations.

Everyone who participates in the fitness classes will need to turn in a fitness release, this is also attached. Please bring to the first class you attend.

Please pass this along to your employees at your earliest convenience, since classes start this week. Let me know if you have any questions or need more info.

Best in health,
Jen

JEN WRIGHT, MPH | *program director*

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