



community **fit** FINDING INSPIRATION TOGETHER

11 WEEKS OF VIRTUAL CLASSES: SEPTEMBER 13 – NOV 23, 2022

Tuesdays 12:15 – 12:45 p.m.

MoveLab Dynamics ups the volume from our regular MoveLab class yet still offers simply strength exercises, mobility practices, balance challenges in new ways as we build up to more complex movements. Includes classic exercises like squats, push-ups, lunges but in a playful, fun and welcoming session.

Wednesdays 9:00 – 9:45 am

MoveLab Foundations offers participants a foundational, lighter paced workout, with a thoughtful focus on a deeper understanding of our body and how the pieces become a whole. Build sustainable self-trust and a variety of movement possibilities designed for better balance and mobility, as well as strength and flexibility that contributes to overall well-being.

Fridays 12:15 – 12:45 p.m.

Rest & Restore is geared to your nervous system, mind and well-being. Learn simple body-first tools and practices designed to restore a sense of calm and connection to our body. The result: less tension, better sleep, more resilience.



Registration now open for Fall 2022

Local health plan Western Health Advantage is proud to support the health and wellbeing of our community. Join WHA in creating a fit and healthy Northern California region by attending any of the classes offered in our program—at no cost to you. The program is open to everyone in the community.

How to participate virtually:

- EXISTING communityFIT participants will automatically receive Zoom registration info and link.
- If NEW to communityFIT, register online at **choosewha.com/communityfit**. Once registered, check email for Zoom registration info and link.
- Tips for Success: Save all classes to your calendar as a reminder. And log into Zoom just prior to class!



CommunityFit is a free, community-based fitness program sponsored by Western Health Advantage. All fitness levels are welcome. 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. WHA cannot guarantee the security of any communications you make to the host or instructor over Zoom. Please do not share any personal information over any CommunityFIT Zoom session.

