

Activity	Day	Time	Location
<b>Zumba</b>	Monday	5:30-6:30pm	9250 Kirby - Cafeteria
	Tuesday	5:15-6:15pm	Ben Taub – 4 <sup>th</sup> Floor Conference Room
	Wednesday	5:00-6:00pm	El Franco Lee – 2 <sup>nd</sup> floor
<b>Flexibility/Yogilates</b>	Thursday	12:00-1:00pm	Thomas Street – 3 <sup>rd</sup> Floor Large Conference Room
<b>Yoga</b>	Tuesday	5:30-6:20pm	MLK Clinic – Front Classroom
<b>Soul Grooves</b>	Wednesday	5:15-6:15pm	Ben Taub – 4 <sup>th</sup> Floor Conference Room
	Thursday	5:30-6:30pm	9250 Kirby - Cafeteria
<b>Fit 4 U Aerobics</b>	Thursday	5:15-6:15pm	Ben Taub NeuroPsychiatric Center – 2 <sup>nd</sup> Floor Lobby
<b>MixFitz TurnUp (Cardio/Aerobics)</b>	Monday	6:45-7:45pm	MixFitz Studios 250 Patton Street, Suite D Houston, TX 77009
	Wednesday	6:45-7:45pm	
	Thursday	6:45-7:45pm	
	Saturday	11:00am-12:30pm	
<b>Stretching</b>	Wednesday	11:00am-11:30am	9250 Kirby – Vision Conference Room
	Wednesday	11:30am-12:00pm	
	Thursday	11:00am-11:30am	Ben Taub Tower 5th Floor Houston A/B Conference Room
	Thursday	11:30am-12:00pm	
<b>Boot Camp</b> <b>CANCELLED UNTIL FEBRUARY</b> <b>2019</b>	Tuesday	5:15pm-6:15pm	Community Health Choice (2636 South Loop West Fwy #125, Houston, TX 77054) Parking Garage – 3 <sup>rd</sup> Floor
	Thursday	5:15pm-6:15pm	

**\*\*SCHEDULE SUBJECT TO CHANGE**

Group exercise classes are open to Harris Health employees, spouses, and dependent children over age 18. ALL participants, including spouses and dependents, are REQUIRED to have a signed liability waiver on file with Employee Wellness. Contract employees are NOT eligible to participate in group exercise classes.

Contact us at [employeewellness@harrishealth.org](mailto:employeewellness@harrishealth.org); 713-566-6686

Harris Health is committed to helping you achieve your best health. Incentives for participating in a wellness program are available to all eligible employees. If you think you might be unable to meet a standard for a incentives under this wellness program, you might qualify for an opportunity to earn the same reward by different means. Contact Employee Wellness at 713.566.6686 or via email at [employeewellness@harrishealth.org](mailto:employeewellness@harrishealth.org) and we will work with you (and, if you wish, with your doctor) to find a wellness program with the same reward that is right for you in light of your health status.

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**Group Fitness Rules & Guidelines:**

1. **Liability Waiver**  
All participants, including spouses and dependents, are **REQUIRED** to have a signed liability waiver from the current calendar year on file with Employee Wellness **PRIOR** to participating in any group fitness class. The liability waiver form can be accessed on the Employee Wellness intranet website, or you can request a paper version of the form by e-mailing [employeewellness@harrishealth.org](mailto:employeewellness@harrishealth.org).
2. **Premium Points**  
Employees who participate in group fitness classes will receive 20 Premium Points on [www.mycigna.com](http://www.mycigna.com) for each class they attend.
3. The following individuals are eligible to attend the group fitness classes:
  - Full-time, part-time, and supplemental Harris Health System employees
  - The spouses and dependent children (age 18+) of all full-time, part-time, and supplemental Harris Health System employees.
    - Dependent children under 18 are only eligible to attend the Family Karate class.
  - Harris Health System retirees
  - The spouses and dependent children (age 18+) of Harris Health System retirees.
4. The following individuals are **NOT** eligible to attend the group fitness classes:
  - Contract employees
  - Family members of Harris Health employees who are **NOT** spouses or dependent children.
  - Friends
  - Individuals who previously worked at Harris Health but are no longer employed by Harris Health System.

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