

Activity	Description	Day	Time	Location
Zumba	This cardio-Latin fusion class features aerobic interval training to maximize fat burning and total body toning, all to incredible music with moves that are easy to learn!	Monday	5:30-6:30pm	9250 Kirby - Cafeteria
		Tuesday	5:15-6:15pm	Ben Taub – 4 th Floor Conference Room
		Wednesday	5:15-6:15pm	Ben Taub – 4 th Floor Conference Room
		Thursday	5:15-6:15pm	Ben Taub – 4 th Floor Conference Room
Night Club Cardio	The lights are low and the moves are simple, yet effective. Somewhere between the music and the Soul Train line, you begin to forget you are even working out!	Thursday	5:30-6:30pm	9250 Kirby - Cafeteria
Flexibility / Stretch	This class is designed to improve your balance, flexibility and range of motion while strengthening your core muscles. Relaxation and flexibility techniques with a special emphasis on stretching will be used.	Wednesday	11:00am-11:30am	9250 Kirby – Vision Conference Room
		Wednesday	11:30am-12:00pm	
High Intensity Interval Training	This class includes plyometric drills, strength, power, resistance and abs/core training moves.	Tuesday	5:15p-6:15pm	Community Health Choice (2636 South Loop West Fwy #125, Houston, TX 77054) Parking Garage – 3 rd Floor
		Thursday	5:15-6:15pm	

****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; 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 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.

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 website, or you can request a paper version of the form by e-mailing employeeewellness@harrishealth.org.
2. **Premium Points**
Employees who participate in group fitness classes will receive 20 Premium Points on 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.
 - 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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