

Activity	Day	Time	Location
<b>Zumba</b>	Monday	5:30-6:30pm	9250 Kirby - Cafeteria
	Monday	5:30-6:30pm	Settegast – Front Lobby
	Tuesday	4:30-5:30pm	Acres Home – Front Lobby
	Tuesday	5:30-6:30pm	Ben Taub – 4 <sup>th</sup> Floor Conference Room
	Wednesday	5:00-6:00pm	El Franco Lee – 2 <sup>nd</sup> floor
	Wednesday	5:45-6:45pm	LBJ Outpatient Center – 1 <sup>st</sup> Floor Conference Room
	Thursday	4:30-5:30pm	Acres Home – Front Lobby
	Thursday	5:30-6:30pm	9250 Kirby - Cafeteria
	Thursday	4:45-5:45pm	Vallbona – Annex Room 102
<b>Soul Grooves+Zumba</b>	Monday	5:45-6:45pm	LBJ Outpatient Center, 1 <sup>st</sup> Floor Conf. Room
<b>Boot Camp</b>	Tuesday / Thursday	5:15-6:15pm	CHC (2636 S Loop W Fwy #125, Houston, TX 77054), Parking Garage
<b>Pilates / Yoga</b>	Monday (Pilates)	5:30-6:30pm	Timberline Studio - 3939 Montrose Blvd
	Wednesday (Yoga)	5:30-6:30pm	Timberline Studio - 3939 Montrose Blvd
<b>Flexibility/Yogilates</b>	Thursday	12-1pm	Thomas Street – 3 <sup>rd</sup> Floor Large Conference Room
<b>Social Dancing (Salsa/Bachata, Ballroom, and Country)</b>	Wednesday	6:30-7:30pm	Sonia's World of Dance 5535 Richmond Ave. Houston, TX 77056
	Saturday	12-1pm	
<b>Soul Grooves</b>	Tuesday	5:30-6:30pm	9250 Kirby - Cafeteria
	Wednesday	5:15-6:15pm	Ben Taub 4 <sup>th</sup> Floor Conference Room
<b>Family Karate</b>	Saturday	9:30-10:30am	9250 Kirby - Cafeteria
<b>Fit 4 U Aerobics</b>	Thursday	5:15-6:15pm	Ben Taub NeuroPsychiatric Center-2 <sup>nd</sup> floor
<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	

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

Group exercise classes are open to Harris Health employees, spouses, and dependent children over age 18. Dependent children under 18 are only eligible to participate in the Family Karate class. 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 [employeeewellness@harrishealth.org](mailto:employeeewellness@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 [employeeewellness@harrishealth.org](mailto:employeeewellness@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 [employeeewellness@harrishealth.org](mailto:employeeewellness@harrishealth.org).
2. **Harris Health Rewards Points**  
Employees who participate in group fitness classes will receive Harris Health Rewards points at the following rate:
  - 250 points per 1-hour (60 min) class
  - 125 points per half-hour (30 min) classEmployees who do **NOT** have a signed liability waiver on file prior to attending the group fitness class will **NOT** receive Harris Health Rewards points.
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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