

City of Roswell Employee
WELLNESS
PROGRAM



Get moving with these **FREE EXERCISE CLASSES** offered through The City of Roswell's Employee Wellness Program! No need to sign-up for any particular class! Classes are on a first come, first serve basis. Ask Hydee Weis (info at bottom of page) about how you can win prizes for attending fitness classes!

Note: If a class falls on a City holiday, the class will not meet. Please, no spouses or dependents.

CLASS SCHEDULE

MONDAY

Walking

12:00 at City Hall

Boot Camp

12:00 at BJ CAB

TUESDAY

Walking

12:00 at City Hall

WEDNESDAY

Walking

12:00 at City Hall

Boot Camp

12:00 at BJ CAB

Yoga

12:00 at City Hall

THURSDAY

Walking

12:00 at City Hall

Cardio Fusion

12:00 at BJ CAB

FRIDAY

Walking

12:00 at City Hall

BOOT CAMP: Work with a personal trainer in a group setting at different exercise stations. The class will consist of activities to increase your heart rate and endurance while strengthening and building your major muscle groups. No class will ever be the same! Each class will constantly switch from Hi-Lo cardio to weight training to plyometric to ab work. **All classes are 1 hour.**

YOGA: Enjoy the benefits of this powerful exercise for the mind and body. **Classes are 1 hour long and can accommodate all levels and limitations.**

WALKING: Join city employees for a walk at City Hall. This is a great way to get to know your coworkers! Email hweis@roswellgov.com to be put on an email list for walking updates as walking changes daily due to availability.

Cardio Fusion This combo class includes high-impact aerobic activity—such as Latin beats, Jazz, Hip-Hop and Line Dancing. **Classes are 1 hour long total.**

For more information, contact Hydee Weis, Wellness Coordinator, at hweis@roswellgov.com or 770-594-6109.