



STALL TALK

Register on TRAC for all classes,
or e-mail **Polly Pitchford** at
ppitchford@scgov.net

FALL INTO FITNESS

New Classes Begin in September



Core, Balance and Stretch - 1FIT3407

BOB Building, Wednesdays, 12:30 – 1:30 p.m.

Breathe better, move better, feel better. This fitness inspired class is open to all levels. It strengthens the body's foundation through a series of movements and sequencing that will promote balance, strength, flexibility, core stability and good posture by targeting and toning major muscle groups. Comfortable work clothes can be worn for this class.

Tread N' Shed - 1FIT3404

Administration Building, Tuesdays, 4:45 p.m. and 5:30 p.m.

This 30-minute class is designed for beginner to intermediate fitness levels. Using treadmills or any other piece of cardio equipment, the participants will perform 2-minute intervals of cardio, slow it down, step off and perform 2 minutes of light weights training (tubes, bands, light weights) and/or bodyweight training. Structured so that everyone can work at their own fitness level, this class will gradually increase both one's cardiovascular capacity and strength. A great workout in only 30 minutes and it's over before you know it!

Desk to 5K: Train for the Holiday 5Ks - 1FIT3270

Cross the finish line of a 5K or simply enjoy the camaraderie in this supportive group setting as you take incrementally longer distances around either Benderson Park (Tuesdays) or the Celery Fields (Thursdays). This program is perfect for beginner fitness walkers and short distance joggers alike. By the end you'll be ready to participate in one of several holiday 5Ks that take place around the county this time of year. Grab a coworker and join in on the fun! Please note: The 5K events are optional. Check TRAC for more details.



Sarasota County

EMPLOYEE HEALTH and BENEFITS

Copies available at scgov.net (Keywords Stall Talk) or email: adeem@scgov.net

DON'T FORGET THE REST

Ignite 360

Strength and Tone

Yoga

Zumba

Muscle Works

Spinning

Plyo Boot Camp

Check TRAC for descriptions, locations and times of these dynamic class formats taught by our fitness experts from WellFit.

OR

If you would rather workout with weights or on exercise equipment instead, remember all of the locations available to you:

Administration Building

1301 Cattlemen Rd. Bldg. B

BOB (limited access)

SCAT (limited access)

Selby Library

Public Safety Bldg. Venice, SR776

Englewood Sports Complex

OR

Confused by the exercise machines? Sign up for an exercise machine tutorial by emailing Polly Pitchford at ppitchford@scgov.net

Get moving SCG! Get fit and feel great this fall season!