

# community **fit** FINDING INSPIRATION TOGETHER

Local health plan Western Health Advantage is proud to support the health and wellbeing of our community. WHA invites you to join us in creating a fit and healthy Sacramento by attending any of the classes offered in our program—at no cost to you. The program is open to everyone in the community.

Register at [choosewha.com/communityfit](http://choosewha.com/communityfit)

**communityfit yoga** is designed to both improve fitness and promote stress relief. By performing slow movements and postures and focusing on long, deep breaths, you will stretch and strengthen your muscles and increase your range of motion. You may notice improvements in your mind as well.

**communityfit mat pilates** is a way to stretch and strengthen your body by using a series of exercises performed equipment-free, with just your body and a floor mat for cushioning and support. Mat Pilates borrows from disciplines such as dance, yoga and classic calisthenics and is a great way to improve strength, posture, and decrease your risk of injuries.

**communityfit movelab** is designed to help you create a mindful and fulfilling relationship with movement. It's a great class for both new and experienced movers that will challenge you with body-weight exercises, flexibility and mobility drills, balancing challenges, and meditation. You'll not only learn about yourself, but have fun doing it.

All fitness levels welcome. Always check with your doctor before starting any exercise program. Registration and waiver forms are required to participate in classes; see web page for full details. See reverse for class schedule. Note: Classes are first come, first serve [limited to 25 participants].

**6 WEEKS IN FALL 2019** Sep 17 – Oct 25

**4 PARKS IN DOWNTOWN SACRAMENTO**

<b>Cesar Chavez Plaza</b>	910 I STREET
<b>Roosevelt Park</b>	1615 9TH STREET
<b>Fremont Park</b>	1515 Q STREET
<b>Crocker Park</b>	211 O STREET

**3 CLASSES TO CHOOSE FROM**



**Western Health Advantage**

**communityfit** is a free, community-based fitness program sponsored by Western Health Advantage

September 17 – October 25, 2019

all classes 12:15 p.m. – 12:45 p.m.

communityfit SCHEDULE

SEPTEMBER	MOVELAB	MAT PILATES	YOGA	MOVELAB
tuesday 17	Cesar Chavez Plaza			
wednesday 18		Roosevelt Park		
thursday 19			Fremont Park	
friday 20				Crocker Park
tuesday 24	Cesar Chavez Plaza			
wednesday 25		Roosevelt Park		
thursday 26			Fremont Park	
friday 27				Crocker Park
OCTOBER	MOVELAB	MAT PILATES	YOGA	MOVELAB
tuesday 1	Cesar Chavez Plaza			
wednesday 2		Roosevelt Park		
thursday 3			Fremont Park	
friday 4				Crocker Park
tuesday 8	Cesar Chavez Plaza			
wednesday 9		Roosevelt Park		
thursday 10			Fremont Park	
friday 11				Crocker Park
tuesday 15	Cesar Chavez Plaza			
wednesday 16		Roosevelt Park		
thursday 17			Fremont Park	
friday 18				Crocker Park
tuesday 22	Cesar Chavez Plaza			
wednesday 23		Roosevelt Park		
thursday 24			Fremont Park	
friday 25				Crocker Park



**Cesar Chavez Plaza** 910 I STREET  
**Roosevelt Park** 1615 9TH STREET  
**Fremont Park** 1515 Q STREET  
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