

Fitness Classes are continuing for March to May!
 Check out the **FREE** online fitness classes for all County employees offered by the County of Sacramento Employee Wellness Program.

**The new class schedule runs from
 March 22 – May 22!**

Register today for the online fitness classes!

| March 22, 2021 – May 22, 2021 6 classes/week | | |
|--|------------------------------|---|
| Class days/times | Class Name | Details |
| Mondays 5:30pm – 6:30pm | Zumba/Dance | <ul style="list-style-type: none"> All levels welcome! Join the Monday Dance Party! |
| Tuesdays 6:00pm – 6:45pm | Beginner HIIT Class | <ul style="list-style-type: none"> High Intensity Interval Training (HIIT) class All levels welcome – Total-Body Workout! Fast, efficient way to work major muscle groups. Instructor will provide modifications for all levels, but class may move quickly – modify as you need. |
| Wednesdays 5:30pm – 6:30pm | Stretch and De-Stress | <ul style="list-style-type: none"> All levels welcome! Perfect way to end your day and breathe and relax! |
| Wednesdays 6:30pm – 7:30pm | Zumba/Dance | <ul style="list-style-type: none"> All levels welcome! Join the Monday Dance Party! Different instructor from Mondays. |
| Thursdays 6:00pm – 7:00pm | Yoga Flow | <ul style="list-style-type: none"> Beginner to intermediate levels Same instructor as last year (Gale) |
| Saturdays 9:00am – 10:00am | Yoga Flow | <ul style="list-style-type: none"> Saturday morning class! Beginner to intermediate levels Perfect way to start the weekend! |
| <ul style="list-style-type: none"> You must register for each type of class you want to take. Your enrollment in the class will apply for the entire schedule. If you have already registered for classes, you do not need to register again. Email COOps@Strive2Bfit.com if you have any questions or difficulty joining a class. Your feedback about the classes and instructors is appreciated as well! Encourage your household members to do the classes with you – the more, the merrier! | | |

Online Fitness Classes are sponsored by the County of Sacramento Employee Wellness Program.



DISCLAIMER: AN ELECTRONICALLY SIGNED LIABILITY WAIVER IS REQUIRED TO PARTICIPATE. PARTICIPATION IN FITNESS CLASSES IS VOLUNTARY AND ON YOUR OWN TIME AND AT YOUR OWN RISK. IF YOU HAVE CONCERNS ABOUT YOUR HEALTH OR ABILITY TO PARTICIPATE, PLEASE CONSULT YOUR GENERAL PHYSICIAN IF POSSIBLE.



REGISTRATION INSTRUCTIONS

To Enroll in the Online Classes:

1. You need to enroll only once for each type of class for the entire duration it is offered.
 - o For those who participated in the January - March 2021 classes, you do not need to register again. If you would like to take the new Zumba class on Wednesdays, you will have to register for that.
 2. Visit the [enrollment website \(www.CorporateFitnessPrograms.com\)](http://www.CorporateFitnessPrograms.com)
 3. Enter the code **COS777** and click “Login.”
 4. Select “Online – Virtual” for the location and click “Next.”
 5. Click “Enroll Me” next to the class you wish to enroll in.
 6. Enter your email address – this is the email you will receive class updates to (cancellations, instructor changes, etc.). Only work email addresses will be permitted.
 7. Enter your first and last name.
 8. For employee ID number, enter your employee id **(to skip the question, enter 111)**.
 9. For department name, enter your school or location name **(to skip the question, please enter 111)**.
 10. Click “Next.”
 11. Read and electronically accept the fitness class waiver.
 12. Click “Register.”
 13. Your registration for the selected class is complete and you will receive a confirmation by email with a recurring weekly calendar invite for that class.*
 14. **See the attachment in the confirmation email to add the recurring calendar invite to your calendar.**
 15. To register for additional classes, complete steps 5 – 12 until you’ve registered for all desired virtual classes. There is no limit to how many classes you enroll in.
 16. To view the virtual class schedule offered by the County, click on the Schedule Tab.
 17. LOGOUT when done
- *You will need to Enroll in each class that you want to take.

Note: You will receive class-specific Zoom details by email once you enroll in the class. Please add the attached calendar invite to your calendar. You will also receive weekly email reminders about the classes you have enrolled in.

Please email COSOps@Strive2Bfit.com if you have any difficulty joining a class. Your feedback about the classes and instructions is appreciated as well.

If you do not receive Zoom link for the classes you registered for, please email COSOps@Strive2Bfit.com.

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Sacramento County



Commit to be Fit
Employee Wellness Program

DETAILS

About the online fitness classes:

- If you already registered for and participated in the classes from January - March 2021, you do not need to register again. Your enrollment will continue until May 22, 2021.
- Classes will be offered via Zoom. You can participate on your phone or computer. If you need help getting on Zoom for the classes, please see next page.
- Your audio will be muted by the instructor, and you will have the option to turn on/off your video. Instructors will answer questions at the end of each class via the chat feature.
- These classes are specifically for County employees (all County employees are eligible to participate). They are not open to the public. County employees will need to register for classes, but we encourage you to participate in the classes with your families at home!
- All fitness levels are encouraged to participate! Most classes are at beginner levels, and the instructors will provide modifications.
- Instructors will be the same each week and will get to know the participants. They will make changes as requested.
- No equipment is needed to participate in the classes.
- For Stretch and Yoga classes, you can use a yoga mat or towel or carpet if you don't have a mat.
- For Zumba and other fitness classes, please make sure you give yourself enough room to move around.
- Classes are recorded by the vendor for quality assurance, but the recordings cannot be provided to us due to privacy regulations.
- However, there are many fitness vendors offering free online classes now. If you can't attend a class at the scheduled time, we encourage you to check out other online classes.
- See following page for online fitness and wellness resources.

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ZOOM INSTRUCTIONS

PC/laptop users:

1. Click the zoom link in your email or calendar invite.

OR

2. Go to Zoom.us (<https://www.zoom.us/>)
3. Click on JOIN A MEETING
4. Enter MEETING ID (Unique for each class)
5. OPEN ZOOM when prompted
6. You will join the meeting once the host (i.e., Instructor) starts!

Smartphone users:

1. Go to Zoom.us (<https://www.zoom.us/>) and click JOIN
2. You will automatically be redirected to the App Store to download the Zoom app. If not, click the DOWNLOAD FROM APP STORE link
3. Download the ZOOM app
4. Once you have downloaded the ZOOM app, enter and you will be greeted with the MEET & CHAT screen
5. Join the class by clicking JOIN
6. Enter the MEETING ID (unique for each class)
7. Register for the class with your NAME and EMAIL ADDRESS
8. You will join the waiting area until the host starts the class
9. Once the host starts the class, you will have the option to join the audio either through CALL USING INTERNET AUDIO or DIAL-IN
10. Choose DIAL IN and choose the first number option to dial and then click DIAL
11. Enjoy the class!

Please email COOps@Strive2Bfit.com if you have any difficulty joining a class. Your feedback about the classes and instructors is appreciated as well.

If you do not receive Zoom link for the classes you registered for, please email COOps@Strive2Bfit.com.

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No Cost Health and Fitness Activities That Can Be Done at Home

Please note that some of these resources are for a limited time only and subject to change on the listed websites by the vendors. The County is not associated with any of these vendors. This is a list compiled by the Employee Wellness Program for employees to check out on their own time.

| Wellness Resource | Program features |
|--|--|
| 24GO (by 24-Hour Fitness) | <ul style="list-style-type: none"> • Free Android or Apple App to download - click here • On-demand workouts and premium content • Les Mills classes and audio coaching |
| Fitness Blender | <ul style="list-style-type: none"> • Free, full-length workout videos • Premium content and meal plans available for extra cost. • Click here for free access |
| GOLD'S AMP™ (by Gold's Gym) | <ul style="list-style-type: none"> • Offers over 600+ audio/video workouts and hundreds of DJ mixes • Click here for free access |
| ClassPass | <ul style="list-style-type: none"> • Free on-demand workouts; Credits for live classes can be purchased • No credit card required to view on-demand workouts. • Click here for free access (you will have to create profile to view classes) • KP members have access to exclusive ClassPass discount - click here |
| On-Demand Yoga (by CorePower) | <ul style="list-style-type: none"> • Online yoga videos • Note: Viewing works best in the Chrome browser • Click here for free access |
| UCLA Mindful App (by UCLA Health) | <ul style="list-style-type: none"> • Wellness meditations for people with health conditions • Informative videos on meditation and mindfulness • Weekly 30-minute meditation podcasts on different themes • Click here for free access |
| Insight Timer (by Insight Network, Inc.) | <ul style="list-style-type: none"> • Over 30,000 guided meditations, music and talks posted by contributing experts • Note: Viewing works best in the Chrome browser • Click here for free access |
| Stay Healthy Tips and Recipes (by WW - formerly known as Weight Watchers) | <ul style="list-style-type: none"> • Simple tips, tricks, activities, and recipes to stay healthy • Click here for free access |



If links do not work on the previous page, please see actual links below:

- 24GO - https://24go.co/24/sms?_branch_match_id=748659451863056276
- Fitness Blender - <https://www.fitnessblender.com/videos>
- Gold's Gym Anywhere - https://www.goldsgym.com/anywhere/?fbclid=IwAR2adh5VWvelOYw9hGj5dtlVAHoj1YaZMP6RwAVP2BoOXmRX53p_KzkkP_oY
- ClassPass - <https://classpass.com/>
- ClassPass for KP members - <https://healthy.kaiserpermanente.org/health-wellness/fitness-deals>
- CorePower On-Demand Yoga - <https://www.corepoweryogaondemand.com/keep-up-your-practice>
- UCLA Mindful App - <https://www.uclahealth.org/marc/ucla-mindful-app>
- Insight Timer - <https://insighttimer.com/> (view in Chrome browser)
- Weight Watchers – Stay Healthy Resources - <https://www.weightwatchers.com/us/blog/health/stay-healthy>