



Schedule of Activities



Classes, Workshops & Meetings

These various activities are taught by Employee Wellness, volunteers and the Wellness Council of Arizona. All payments should be given directly to the instructor at your first class of the month; exact change or check to WELCOAZ. Where applicable, participants are required to assist with moving/re-setting conference room furniture. Activities are not held on County holidays.

Low-cost Body Sculpting: Using resistance bands and body weight exercises, this class will lead you through a variety of exercises to build muscular strength & endurance. Bands provided for class use.

Location	Room Name/Number	Day	Time	Cost
Public Works Building	Basement Level	Tue	12:10 – 12:50 pm	\$10 month
	Conference Room A			\$5 drop-in



Public Works Building	Basement Level	Thu	12:10 – 12:50 pm	\$10 month
	Conference Room A			\$5 drop-in

- **Drawings will be held at the beginning of each month**
- **Must attend all scheduled classes to be entered**
- **Participants who attend both Tuesday and Thursday classes will have an additional opportunity to win**
- **Only one prize per winner please**

EXTRA BONUS ENTRY: For every co-worker you get to sign up for the month, you and the referred employee will get an additional entry to win.

Low-cost & Free Yoga: Beginning, intermediate and advance yoga styles customized to each class. Bring a mat; Limited mats available at the Main Library.

Location	Room Name	Day	Time	Cost
Health Dept – East 6920 E. Broadway	Classroom A	Thu	12:15 – 1:00 pm	\$10 month
				\$5 drop-in
Green Valley Library 601 N. La Canada (Box 9)	Library	1 st Thu, 2 nd , 3 rd , 4 th	12:10 – 12:50 pm	\$10 month
		Tue of each month		\$5 drop-in
Kino Community Center	Dance Room	Fri	12:10 – 12:50 pm	\$10 month
				\$5 drop-in
Downtown – Main Library	Lower Level I	Mon & Wed	12:10 – 12:50 pm	FREE
Downtown – Public Works	Conference Room C	Fri	12:10 – 12:50 pm	\$10 month



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Building

\$5 drop-in



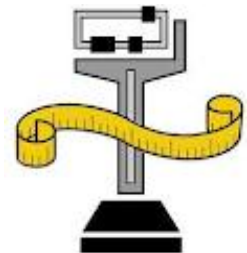
Mindfulness Meditation: Take advantage of a relaxing mid-day break, reduce stress and learn breathing and mindfulness techniques with volunteer instructor Blake Ashley. Employees interested in participating on a regular basis may check-out a meditation cushion to keep for class use. Contact Employee Wellness. ****New participants are always welcome****

Location	Room Name/Number	Day	Time	Cost
Downtown – Main Library	1 st Floor Children’s Room	Tue	12:10 – 12:50 pm	FREE

Weight Watchers At Work: Join one of the most successful group weight loss programs at a convenient location. For only \$120 + free enrollment you receive a supportive 10-week program. Join anytime (wks 2 to 7) for a pro-rated fee. When you can’t attend an At Work meeting you can attend another AZ meeting. Pima County employees with UHC health insurance are eligible for a \$60 Target or Weight Watchers gift certificate incentive. Visit website for details. If you’d like to attend at another location, send in a registration form and check two weeks prior to a new downtown series, and we’ll mail you a registration sticker.

Location	Room Name	Day	Time
Downtown – Bank of America Bldg	10 th Floor, Public Defender’s Conference Room	Wed	Weigh-in: 11:45 am – 12:15 pm Meeting: 12:15 – 12:45 pm

Series Dates:	
December 14, 2011	- February 15, 2012
February 22, 2012	- April 25, 2012
May 2, 2012	- July 4, 2012
July 11, 2012	- September 12, 2012
September 19, 2012	- November 21, 2012
November 28, 2012	- January 20, 2013



New members should register on-site two weeks prior to a new 10 week series start date. Renewing members should register on-site the start date of the new series. (Or to attend at another location, register two weeks in advance through Employee Wellness.)

Zumba Fitness: A high-energy workout with easy to follow-moves and Latin rhythms.

Location	Room Name	Day	Time	Cost
Health Dept – East	Classroom A	Tue	12:15 – 1:00 pm	\$10 month



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6920 E. Broadway					\$5 drop-in
NEW	Juvenile Court	Detention 800 Pod*	Mon	5:15 – 6:00 pm	\$10 month
	2225 E. Ajo Way				\$5 drop-in
NEW	Juvenile Court	Detention 800 Pod*	Thu	12:10 – 12:50 pm	\$10 month
	2225 E. Ajo Way				\$5 drop-in

* Due to security reasons, this class can only be offered to Juvenile Court employees.



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Walking Clubs



Take advantage of an easy way to de-stress and get fit! **Take 12 Walking Club Walks and earn a \$5 gift card.** Plus, 20 walks earn you a special walking club t-shirt. View details on website for shirt and rewards; (one per person). Please e-mail the Walking Club Leader (Champion) through our website or e-mail wellness@pima.gov to confirm the walk before participating for the first time.

Worksite: Starting Location	Days	Time	Length	Champion	Contact
Abrams Building, 3rd Floor Lobby	Mon– Fri	12:30 pm	30 minutes	Carolyn Cynthia	243-7793 243-8053
Downtown:					
Crosswalk area East of Museum of Art	Tue	12:15 pm	20 – 30 minutes	Grace	740-8460
TCC Arena by ticket window	Mon– Fri	12:05 pm	20 – 25 minutes	Chuo Carmen	243-8937 740-6635
Under Old Courthouse Down, by patio	Mon, Wed, Fri	1:00 pm	45 minutes	Barbara	243-5156
NEW Kino Stadium Concourse	Mon – Fri	11:30 am	45 – 60 minutes	Mary	434-1339
RWRD – Conveyance, Front Lobby	Mon – Fri	11:00 am	20 minutes	Rhea	443-6519
Sahuarita Lake Clubhouse	Wed	8:00 am	30 – 45 minutes	Carol	594-5490

Special Wellness Programs for all Worksites

These programs are designed for easy participation no matter where you work. Employee Wellness sends you the materials you need and you participate on your own time. There are no special classes to attend. **These programs require registration forms available on our website or by contacting us directly.** Additional details on each program are also available on-line.



Seasonal Fitness Challenge: The Seasonal Fitness Challenge Program is easy and energizing! The program runs quarterly beginning in January and is divided into four seasons: Winter, Spring, Summer, and Fall challenges. Each season, you may choose one of four fitness goals which focus on increasing your daily physical activity rates. Learn more and register by visiting the webpage.

Program Schedule - 2012			
Winter Season:	January 3 – March 31	Summer Season:	July 1 – September 30
Spring Season:	April 1 – June 30	Fall Season:	October 1 – December 31

Tracking six or more months of regular exercise may help you earn your next Healthy Lifestyle Discount on your medial premium! Learn more at <http://www.pima.gov/hr/EmployeeBenefits>



Schedule of Activities



Personal Trainer / Health Coaching

Meet one-on-one with a Personal Trainer from the Wellness Council of Arizona for strategies and assistance in creating a plan to manage a health concern, whether you are looking to lose weight, exercise more, eat healthier, manage stress or lower blood pressure and cholesterol. All appointments are 25 minutes. To schedule an appointment, submit a Health Coaching application form available on our website.

Free and open to employees with Pima County UnitedHealthcare insurance.

Location	Room Name	Dates & Times
Juvenile Court Building	Human Resources Conference Room	1 st & 4 th Wed of each month 11:00 am – 2:00 pm
Legal Services Building	14 th Floor, Small Conference Room	3 rd Wed of each month 11:00 am – 2:00 pm
Mission Road Complex	DOT – Field Engineering Conference Room	3 rd Tue of each month 11:30 am – 2:30 pm
Public Works Building	Conference Room A (basement)	2 nd Wed of each month 11:00 am – 2:00 pm
Telephonic	Coach Calls You	2 nd Wed & Thu, 4 th Tue of each month 6:00 – 8:00 pm

Additional Worksite Locations – If your worksite has six or more eligible employees interested in three or more months of on-site health coaching, contact Employee Wellness! Or, Employee Wellness can send you a flyer to post at your worksite to see if there is interest.

Building Addresses are available at www.pima.gov/hr/health/calendar.html