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Kent Commons

Benefited employees have a **\$60 annual Wellness discount** to use toward fun runs, adult classes in health and fitness, dance, martial arts, outdoor sports and team sports leagues at Kent Commons

You can use the Kent Commons weight room, play racquetball, wally ball or open hoops – **ALL FOR FREE**

Drop in on aerobics or day time yoga classes for just \$1.00 – and you can use your \$60 benefit to pay

Call the Kent Commons at (253) 856-5000 or stop by for more information and to register

Rise & Shine with Fern

Early Morning Workout
Monday & Wednesday
6:30–7:30 a.m.

Lunch Time Toning with Roxanne

Total body sculpting with bands,
weights and stability ball
Mondays 12:05-12:55 p.m.

Vinyasa Flow Yoga with Jenny

Vigorous flow that will strengthen
muscles & increase stamina
Mondays 1:05-1:55 p.m.
Fridays 11–11:50 a.m.

PiYo & Weights with Noreen

Pilates, yoga, & weights full body
toning & stretching
Mondays 5:30-6:30 p.m..

Lunch Time Boot Camp with Linda

Boot camp style drills and cardio
workout for an overall challenge
Tuesdays 12:05-12:55 p.m.

Yoga Break with Linda

Basic yoga poses to strengthen,
lengthen & relax muscles
Tuesdays 1:05-1:55 p.m.
Thursdays 12:05–12:55 p.m.

Zumba with Keana

Energetic cardio dance workout
Thursdays 12-1 p.m.

Zumba with Christy

Tuesdays 5-6 p.m.

Mat Pilates with Roxanne

Strengthen, lengthen and tone your
core & muscles
Tuesdays 11–11:45 a.m.
Thursday 5-5:45 p.m.

Crunch at Lunch with Roxanne

Work lower abs, upper core and
back muscles
Wednesdays 12:05-12:55 p.m.

Commit Dance Fitness with Keana

High intensity interval training
dance workout
Wednesdays 5:30-6:30 p.m.
Saturdays 10:15-11:15 a.m.

Barre with Fabiana

Pilates, yoga, aerobics &
strength exercises
Fridays 9-10 a.m.

Yoga for Injuries with Jenny

Restore blood flow and flexibility
Fridays 10–10:50 a.m.

Lunch Core & Body Sculpting with Fern

Steps & weights for overall workout
Fridays 12:05-12:55pm

**City
Employee
Drop-in
Classes**

\$1