SCCSIG Employee Wellness Program

proud to introduce incentives to motivate you to exercise:

Attend 2 classes per week (8 classes per month) to be entered into a monthly drawing for a KB mask, tank top, or gift card

Bring a colleague to a class and receive a KB mask, tank top, or gift card (the colleague must be new to KB fitness and you must attend class with them).

Please note: Incentive is limited to one prize item per person

Open to all SCCSIG members!

Join KB Fitness Exercise Studio virtual fitness classes in the comfort of your home! For FREE! All fitness levels are welcome to participate!

Santa Clara County SIG
EMPLOYEE WELLBEING PROGRAM
Wellness Everyday
In partnership with United HealthCare and Kaiser Permanente

SCCSIG CLASSES:

- Milpitas SD Yoga with Anjali B: **Mondays, 4:30-5:30 p.m.**
- Los Gatos SD Yoga Flow with Melissa S: **Mondays, 4:00-5:00 p.m.**
- **NEW!** SCCSIG Zumba with Eva: **Tuesdays, 5:30-6:30 p.m.**
- Loma Prieta SD Beginner Flow Yoga with Melissa S: **Wednesdays, 4:00-5:00 p.m.**
- Sunnyvale SD Iyengar Yoga with Tamara D: **Wednesdays, 4:30-5:30 p.m.**
- Lakewood Elementary Yoga with Mo-Han F: **Thursdays, 4:00-5:00 p.m.**

You aren't limited to the SCCSIG classes and are welcome to join any virtual KB Fitness class for free! Registration instructions are located on the bottom of page 2 All SCCSIG members can attend any of the classes listed above, regardless of school district or location. Times above are all PST.

TO PARTICIPATE YOU NEED:

- Yoga mat or padded area
- Towel (sweat may occur!)
- Device to stream Zoom meeting

Faculty and staff will be required to sign a waiver before participating in any KB fitness class.

Please note: Pre-class registration is required to participate!

Registration information on back

How to book classes:

1- Access the Clubworx website by clicking or visiting the link below:
https://app.clubworx.com/websites/kb_fitness/waivers/kb-fitness-member-liability-waiver-1/signed_waivers/new

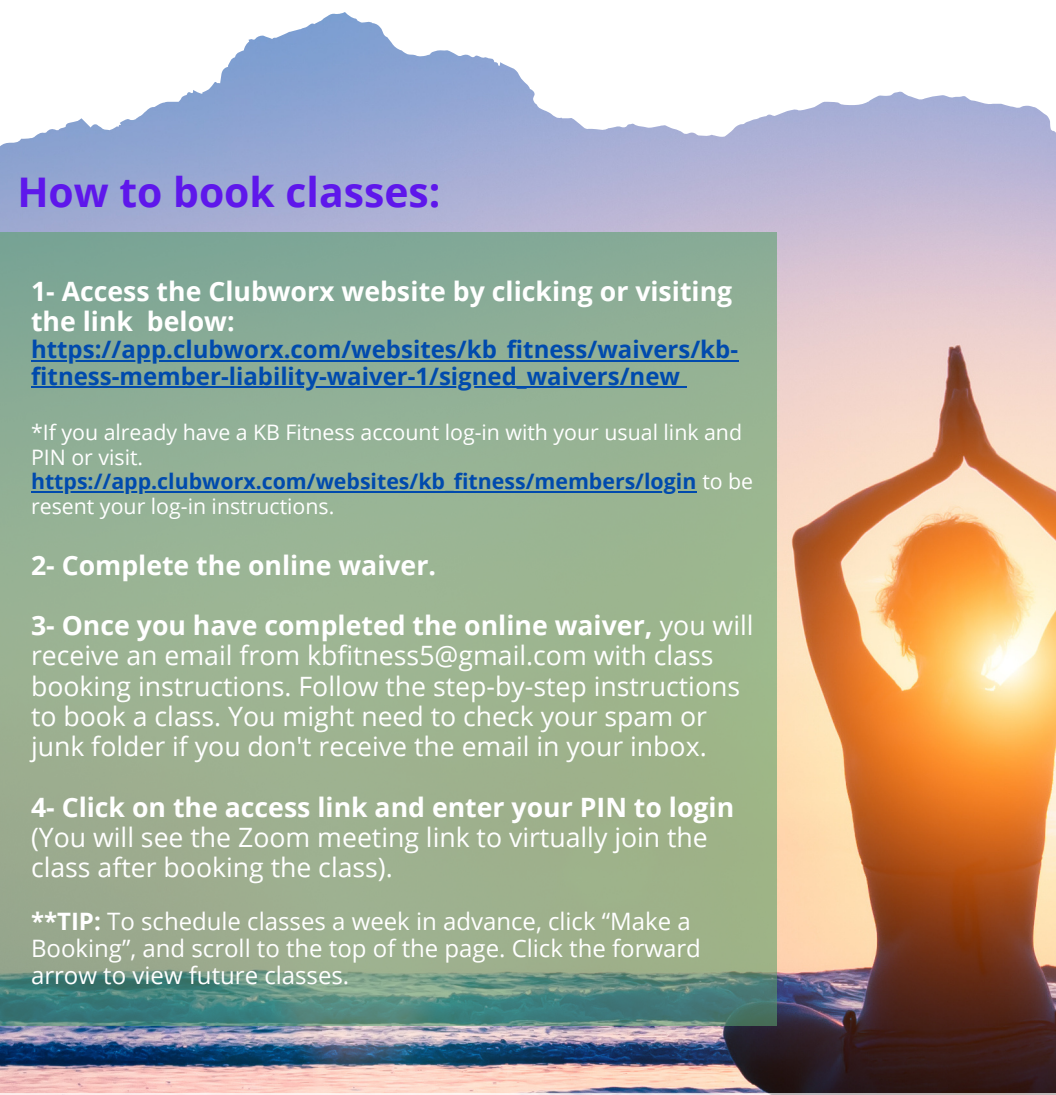
*If you already have a KB Fitness account log-in with your usual link and PIN or visit.
https://app.clubworx.com/websites/kb_fitness/members/login to be resent your log-in instructions.

2- Complete the online waiver.

3- Once you have completed the online waiver, you will receive an email from kbfitness5@gmail.com with class booking instructions. Follow the step-by-step instructions to book a class. You might need to check your spam or junk folder if you don't receive the email in your inbox.

4- Click on the access link and enter your PIN to login (You will see the Zoom meeting link to virtually join the class after booking the class).

****TIP:** To schedule classes a week in advance, click “Make a Booking”, and scroll to the top of the page. Click the forward arrow to view future classes.



KEEP YOUR MIND AND BODY HEALTHY DURING THIS STRESSFUL TIME, PARTICIPATE IN A VIRTUAL CLASS!

Please Note: KB Fitness offers many programs throughout the Bay Area in various locations. You are welcome to join any virtual KB Fitness class for free! Under "Make a Booking" select "On-Line Live Streaming" from the drop down to see all the available KB Fitness virtual classes. (To join a SCCSIG specific virtual class select it by name from the drop down menu).

Please contact KB at 408-390-4418 or email kbfitness5@gmail.com if you are interested in attending any of those classes.

Questions? Contact KB at 408-390-4418.