



## City of San Marcos Virtual Employee Wellness Program - Fall 2020

August 24th - December 11th

Wellness program services are provided by Total Wellness - San Marcos, and free for all City of San Marcos employees.

*Beginning August 24, 2020, all **new and returning members** must complete the online registration process.*

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:30-9:30 AM						<b>Barre Fusion</b> via Facebook Live
10:00-11:00 AM		<b>AOA FitMix</b> via Facebook Live		<b>Strength &amp; Conditioning</b> via Facebook Live	<b>R&amp;R Yoga</b> via Facebook Live	
12:00-12:45 PM		<b>Strength 101</b> via Zoom		<b>Yoga Flow</b> via Facebook Live	<b>Flash Friday (12:00-12:30 PM)</b> via Facebook Live	
12:15-12:45 PM	<b>Rest, Relax, Restore</b> via Zoom		<b>Core Strengthening</b> via Zoom			
5:30-6:30 PM	<b>Step It Up/ Yoga Flow (alternating)</b> via Facebook Live	<b>Zumba®</b> via Facebook Live	<b>Circuit Training</b> via Facebook Live	<b>Kickbox Bootcamp</b> via Zoom	<b>Meditation &amp; Relaxation</b> via Facebook Live	

All Facebook Live Classes take place in the private members-only group, The Virtual Studio.

Live Zoom Class links are provided at the members-only Virtual Studio Blog.

Access is provided upon completion of registration.

## Group Exercise Class Descriptions

**AOA FitMix** improves your overall functional fitness with our innovative exercises that target range of motion, coordination, balance, and cardiovascular and muscular fitness.

**Barre Fusion** will incorporate small isometric movements from ballet, Pilates, and yoga for a full-body sculpting class. No ballet background is needed.

**Circuit Training** incorporates elements of high intensity and functional training to strengthen the entire body. This workout is catered towards all levels of fitness. Please wear clothes that you can move in.

**Core Strengthening** is designed to work large muscle groups and deep core muscles with bodyweight exercises. Please wear clothes that you can move in and bring water and a mat.

**Flash Friday** is a 30-minute express class for those who want to get in, break a sweat, and get out. Full-body strength and cardio circuits using minimal equipment are designed for all fitness levels, and can be done indoors, outdoors, at home or at the office.

**Kickbox Bootcamp** comes at you with martial arts-inspired strength, endurance, and interval drills designed to torch calories while boosting your overall fitness.

**Meditation & Relaxation** is designed for those looking for ways to slow down their thoughts, increase awareness and reduce stress. The class will begin with slow, mindful movement to get the blood flowing, bringing you to the present moment & will end in stillness to practice cultivating awareness through observation.

**R&R Yoga (Restore & Rejuvenate)** is a luxurious yoga practice that flows slowly through gentle movements to calm, nourish, and rejuvenate the body.

**Rest, Relax, Restore** is all about taking time out of your day to relax your body and rest your mind. Stretching combined with short rest periods will ensure you feel refreshed and ready to conquer your day.

**Step It Up** is one of the cornerstones of aerobic fitness and our modern version will keep your body stronger than ever with a perfect combination of cardiovascular and muscular training movements.

**Strength 101** is a 45-minute class that will build your strength using your body weight and other household items – right at home.

**Strength & Conditioning** works to improve strength, stamina, and power using functional movements and a variety of equipment in this constantly varied, always challenging class.

**Yoga Flow** soothes the soul and relaxes the mind while moving your body as you follow your breath.

**Zumba**® is like working out at a party! The fusion of hypnotic Latin & International rhythms with aerobics dance elements are designed to improve balance, coordination, agility, muscle tone, & keep the heart healthy.

## **ALL members must renew beginning August 24, 2020!**

Virtual Wellness Program includes access to:

- The Virtual Studio on Facebook - a private members-only group that features Live Streamed and pre-recorded workouts, as well as other wellness-related content.
- Live Zoom Classes (links provided at the Virtual Studio Blog)
- Exclusive access to our Group Fitness YouTube playlist

### **New Members**

As a City of San Marcos Employee, if you would like to participate in the Virtual Wellness program you must complete the easy online registration steps below. (All employees are required to complete these online steps, even if they have previously registered on paper.)

1. Visit; <http://totalwellness-sanmarcos.com/registration.html>
2. Click "Online Registration" at the bottom of the screen.
3. Click "Create New Account" at the bottom right of the screen.
4. Use your City of San Marcos Employee email address to create a new account and password.\*
5. Click "Register", and select Total Wellness.
6. Complete the following items: Activity Release of Liability, Personal Health & Wellness Appraisals 1, 2, and 3, and Informed Consent.
7. Confirm your registration by noting your reference number.

\*If you have previously registered online for other Total Wellness services, but did not use your COSM employee email address, you will need to re-register in order to access your Employee Wellness Program

Once you have completed your online registration, you will receive an email invitation to join the Wellness services of your choice.

### **Returning Members**

Registration for the Virtual Wellness program must be updated annually. This process begins August 24, 2020. Please complete the easy online re-registration steps below.

1. Visit; <http://totalwellness-sanmarcos.com/registration.html>
2. Click "Online Registration" at the bottom of the screen.
3. Use your City of San Marcos Employee email address and the password you created to log in to your account.
4. Click "Register" and select Total Wellness.
5. Complete the following items: Activity Release of Liability, Personal Health & Wellness Appraisals 1, 2, and 3, and Informed Consent.
6. Confirm your registration by noting your reference number.

\*If you registered prior to August 24, 2020, you will need to re-register in order to access your Employee Wellness Program

Once you have completed your online registration, you will receive an email invitation to join the Wellness services of your choice.